Woman's Day®

LIVE WELL EVERY DAY™

245 Ways to Celebrate Summer!

- easy party ideas
- beach essentials
- fun activities

IT'S A CAKE!
SEE P. 136



WALK OFF WEIGHT
Plus: Get Your Diet Back on Track

STRANGE SYMPTOMS
When Not to Worry

JULY 2010

womansday.com
1,000s of recipes
& useful tips


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wd contents



live well

well styled

on our cover

be well

ALISON GOOTEE

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"Live as free men, but do not use your freedom as a cover-up for evil…Show proper respect to everyone…"
1 Peter 2:16–17



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FROM TOP, LEFT TO RIGHT: JONNY VALIANT; COURTESY OF SARAH MORAN; ALISON GOOTEE; ANTONIS ACHILLEOS.


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What fun twist do you put on classic BBQ dishes?

"A grilled whole turkey. No one expects this healthy dish in the summer."
Sue Kakstys, Managing Editor

"I love putting queso fresco and chili powder on corn on the cob."
Ayn-Monique Klahre, Associate Home Design Editor

"I make red, white and blue lemonade using food color. I also like to put fresh watermelon slices on ice cream sticks."
Jackie Plant, Food Director



Join the conversation!
What fun twist do you put on classic BBQ dishes? Tell us at ***facebook.com/WomansDay Magazine.***

"I throw bison burgers into the grilling mix. They have the same low fat content as chicken and taste so good grilled medium-rare!"
Bonnie Hutchinson, Ad Sales, Chicago

"I'll put a bunch of vegetables in an aluminum tin with oil and spices, and let it cook while we're grilling. The vegetables make a great side or addition to a sandwich."
Michael Katz, Digital Ad Sales, New York

"Fresh jalapeño peppers. They add zip to the dish and a boost to your metabolism."
Teri Jacobucci, Ad Sales, Chicago

HFMU.S. HACHETTE FILIPACCHI MEDIA U.S. A LAGARDÈRE ACTIVE COMPANY

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all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief



party in the USA

I have always liked July—especially the Fourth. When I was a young girl at sleep-away camp in Wisconsin, the holiday brought the ultimate in patriotic fun. Dressed head-to-toe in red and blue clothing with painted faces, we'd compete in a day of relays and games, then top it off with an evening barbecue complete with s'mores and a sparkler for each of us.

As an adult, I've come to look forward to the Fourth with the same gusto. We usually have a festive family party of the hamburger–hot dog–ice cream–fireworks variety (see page 128 for this year's best barbecue recipes). I am inevitably responsible for the decor, so each year I have to reimagine what I can do with the color palette. I always start with the same base: white butcher paper for the tables, a mixture of festive paper plates and my favorite easy centerpiece, a grouping of simple glass cylindrical vases (easy to find and very affordable).

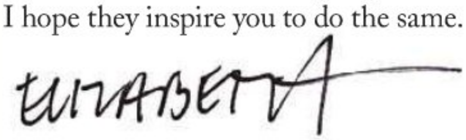
Six years ago, I filled them with sand and popped in old-fashioned lollipops from Hammond's Candies (candy makers since 1920!). They looked great until the kids at the party got hold of them and ended up with blue mouths and sugar highs (see the photo at right of my then 4-year-old lip-stained son Charlie). In other years, I've used the vases to anchor small flags; packed them with red and white carnations; stocked them with red, white and blue M&M's (ordered from **mymms.com**); and, as you'll see in our "Paper Party!" story (page 61), filled them with strawberries, blueberries and raspberries, which can then double as dessert.





This year, however, my picnic table centerpiece is going to be the show-stopping watermelon cake pictured on our cover (you'll find the recipe and step-by-step directions on page 136). And if I get too busy enjoying the summer day? Well, then, I'll follow our tricks for dressing up a store-bought angel food cake (page 140)—heavenly in ease and taste!

But beyond the barbecue, the fireworks and the patriotic dress code, we can't forget what being an American is all about, which is why we've included "You *Can* Make a Difference" (page 42) in this issue. The people we profile embody the true American spirit: They're smart, compassionate, hardworking folks who have found a way to give back to their communities and beyond. I hope they inspire you to do the same.



P.S. You can e-mail me at **elizabeth@womansday.com**

You're invited... to be in our pages!

Got a nightmarish closet that needs reorganizing? Want to revamp your wardrobe with figure-flattering clothes? Have a health question you need answered? Tell us about it. Starting in our August issue, we'll be featuring makeovers with you as the star. So consider this your personal invitation to tell us what needs fixing in your life and why. You might see yourself in an upcoming issue! You can e-mail us at **wdmakeovers@womansday.com**

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TOP LEFT: ANITA CALERO; HAIR & MAKEUP BY NIKKI WANG; STYLING BY DONNA DUARTE. BOTTOM RIGHT: JONNY VALIANT; PROP STYLING BY MATTHEW GLEASON.

SHOPPER'S GUIDE, PAGE 150

Olay®

PROFESSIONAL

CAN SCIENTIFIC STUDIES AND BEAUTY MAGAZINES AGREE

on what's effective in anti-aging skin care?



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In beauty and science magazines and in a dermatology periodical, Olay Professional Pro-X is recognized as not merely effective. It's been cited for cutting-edge technology, in line with a leading prescription brand at reducing the look of wrinkles, and has been given a Best of Beauty Award. Olay Professional. Anti-aging with expertise, science and women behind it. OlayProfessional.com

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Woman's Day® interactive issue

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READY!

All you need is a smartphone (camera phone with advanced Internet capabilities) to participate.

Go to **gettag.mobi** or **WomansDay.com/Interactive** on your smartphone's web browser and download the **FREE Microsoft Tag application**. Follow steps to download, and you'll have access to ALL *Woman's Day* Interactive Issues—**July, September** and **November 1**.

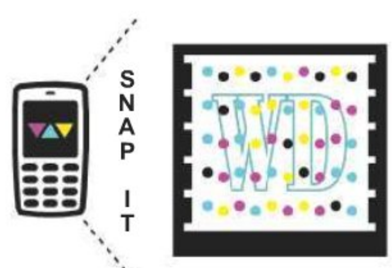
SET!

Once you have downloaded the application, it will be located in your application folder. Simply open the application (called "Tag Reader"), and you're ready to snap!

SNAP!

Look for the WD Tag (example pictured to the right) on select advertising and editorial pages throughout this issue. Use your Tag Reader application to snap a picture of the WD Tag.

DO NOT TAKE A PICTURE OF THE FULL PAGE. SNAP DIRECTLY ON THE WD TAG.



WIN!

Check out the following page for a guide to what's inside this Interactive Issue.

Visit WomansDay.com/Interactive on your mobile phone OR computer for more information, or visit Facebook.com/womansdaymagazine to ask questions and give us your feedback!

Look for these great prizes, videos and special offers throughout the issue!

Advertising Pages

Editorial Pages

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Don't have a smartphone? No problem! Enter to win one of 15 smartphones from *Woman's Day*, courtesy of Best Buy mobile, to get connected to entertaining content on the go. Visit **WomansDay.com/Interactive** on your mobile phone or computer to enter NOW.

NO PURCHASE NECESSARY. Entry period for WD Interactive Issue sweepstakes, with the exception of those sweepstakes mentioned below, starts at noon ET on June 8, 2010, and ends at noon ET on July 20, 2010. Sweepstakes open to legal residents of the 50 United States and Washington, D.C., 18 years of age and older. To enter by wireless device, first download, only once, the Microsoft Tag application onto your smartphone by either visiting **http://gettag.mobi** using your mobile Internet browser or sending a link to your mobile phone from the Microsoft Tag website at **www.microsoft.com/tag**. Next, take a picture of the **"WD Tag"** on pages mentioned above. Once you have properly taken a picture of the WD Tag, you will be sent to a mobile website with onscreen registration instructions that must be followed to enter. YOUR MOBILE ENTRY WILL NOT BE COMPLETE UNTIL YOU HAVE REGISTERED. Your carrier's standard Internet rates will apply. One entry per person or email address per day per sweepstakes. For rules and more details, and to enter online, visit **www.WomansDay.com/Interactive**. Entry for the "Summer Essentials" Sweepstakes is also accepted at www.WomansDay.com/diary. The Ban "Fabulous Garden" Sweepstakes opens on June 8, 2010, and ends on July 5, 2010. The "All-Access" Sweepstakes opened on May 11, 2010, and ends on July 15, 2010.

hello, summer!

the everything-you-need-to-know guide

special section



SUN HAT? SWIMSUIT? FLIP-FLOPS? CHECK, CHECK AND CHECK. HERE'S WHAT ELSE YOU NEED IN THAT (BEACH) BAG OF TRICKS.

Hat Attack canvas hat, $50, and canvas tote, $75 (800-982-1569 for stores). a.n.a for JCPenney twist-front swimsuit ($49.99; **jcp.com**). Multicolored medallion beach towel ($12.99; **homegoods.com** for stores). Havaianas flip-flops ($18; **us.havaianas.com**). West Elm wood-slat bench in white ($129; **westelm.com**).

ALISON GOOTEE; STYLING BY DONNA DUARTE-LADD; ON-SET STYLING BY DONA MANDEL.

7 SUMMER ESSENTIALS

…with staying power: Mix and match these must-haves that you'll want to wear long after Labor Day.



1

embellished tee

Dress it up or down without adding any bling. The beadwork on this striped cotton tank is the only accessory you'll need. (Talbots, $34.50; **talbots.com**)

2

white jeans

Whether topped by a tee or paired with a great blazer and strappy sandals, crisp white jeans make the look feel fresh. (Chico's, $69; **chicos.com**)

3

flat sandal

A classic color works with everything from skirts to jeans. (a.n.a for JCPenney, $29.99; 877-FIND-JCP for stores)

4

big sunglasses

There's no reason to sacrifice fashion for function. Choose a great-looking pair that blocks UVA/UVB rays, and your eyes will thank you. (Signature Sunglasses by Spiegel, $19; **spiegel.com**)

5

tunic

A cotton one with a deep V front and side slits makes you feel and look cool. Throw it over pants or a swimsuit—it's a great go-to piece. (Cotton Island Dot, $78; **echodesign.com**)

6

wedge sandal

Actually comfy! Skip adornments in favor of a simple version that goes from daytime casual to nighttime sexy with ease. (KORS Michael Kors, $69.99; at Marshalls)

7

maxi dress

This summer staple flatters every figure, from petite to plus-size, showing off just enough skin. (Avon Summer Goddess dress, $39.99; **avon.com**) *Donna Duarte-Ladd*

block party

BEFORE YOU HEAD OUT FOR SOME FUN IN THE SUN, MAKE SURE TO PICK YOUR PERFECT SUNSCREEN:



1. sensitive Coppertone Sensitive Skin Faces Sunscreen Lotion SPF 50 provides irritant-free waterproof UVA/UVB coverage. ($8.99; **drugstore.com**)



2. sporty Ocean Potion Suncare Cool Dry Touch Sport SPF 30 Sunblock is water- and sweat-resistant, and contains Parsol 1789 to help block UVA rays. ($7.49; **drugstore.com**)



3. for wriggly kids Try Hawaiian Tropic Kids Continuous Spray SPF 30. Just spray and go—no need to rub it in. ($8.59; at drugstores)



4. SPF with benefits The retinol and antioxidants in RoC Multi Correxion 4-Zone Daily Moisturizer SPF 30 fight the appearance of fine lines and dark spots, and brighten skin. ($18.60; at drugstores)



5. high-tech SPF Sun filters and antioxidants in La Roche-Posay's Anthelios SPF 60 Ultra Light Fluid for Face help protect skin down to the cellular level. ($27.90; at drugstores)



6. just for lips Eos Lemon Drop SPF 15 Smooth Sphere Organic Lip Balm is packed with moisturizing vitamin E and shea butter. ($3.29; at Walgreens) *Melissa Matthews*

ALISON GOOTEE; STYLING BY DONNA DUARTE-LADD; ON-SET STYLING BY DONNA MANDEL; SUNCREEN STILLS: TODD HUFFMAN.


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and daring.
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HEALTHY SUMMER TOOLKIT

1 **Curad Sensitive Skin Bandages** If your skin gets irritated by the adhesive on bandages—or if it's extra-sensitive lately thanks to a sunburn or heat rash—reach for this breathable fabric option with a nonstick pad. No more bandage battle scars! ($3.79; **drugstore.com**)



2 **EverCool Bandanas** Tie one of these around your head, wrist or neck to keep cool while working out—or just hanging out—in super-hot weather. Once soaked in water, the special polymer beads sewn into the material provide cooling relief that can last several days. ($7.50 for a pack of three; **amazon.com**)



3 **AZO Itch Relief Wipes** As the temperature increases, so do bacteria. That's why the rates of urinary tract infections shoot up during summer months. You'll probably need to see a doc to eliminate the infection, but in the meantime, these wipes provide instant itch relief. ($6.49; **azoproducts.com**)



4 **Speedo Aquabeat** If swimming is your exercise of choice but doing laps gets boring, consider this tiny waterproof MP3 player. It hooks to your swimsuit or goggle strap and stores up to 500 songs to keep you kicking. ($99.99; **speedousa.com**)



5 **Dr. Scholl's For Her Hidden Arch Supports** We all love our sandals and flip-flops, but a lack of arch support can lead to a major ouch. These clear gel inserts stay firmly in place to prevent aches and pains. ($6.99; at drugstores)

Abigail L. Cuffey





BEAT THE BUGS

MAKE YOUR YARD UNFRIENDLY "Eliminate standing water, which mosquitoes need to reproduce," says Nancy Hinkle, PhD, professor of entomology at The University of Georgia in Athens. "A few saucers under flowerpots can produce mosquitoes for the whole neighborhood." Cut back weedy undergrowth where insects like to hide. And because mosquitoes are weak fliers, place fans around your deck to keep them away.

WEAR REPELLENT "Use enough to cover exposed skin lightly," says Robert Brodell, MD, professor of Internal Medicine, dermatology section, at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. "If you want to use a product containing both sunscreen and repellent, make sure it has an SPF of at least 30, and reapply as directed."

LEAVE STINGING INSECTS ALONE "Wasps, hornets, yellow jackets and bees won't bother you unless you bother them," says Dr. Hinkle. To keep bugs away from temptations, cover trash cans and food, especially sweets and soda. If they buzz you, walk away (don't swat—it provokes them).

Arricca Elin SanSone

bug off! what really works

You'll find insect repellents in sprays, lotions, sticks and wipes. "Choose one that provides protection for the amount of time you'll be outdoors," says Ulrich Bernier, PhD, research chemist with the Agricultural Research Service, USDA, in Gainesville, Florida. "Products containing 10 to 20 percent of the active ingredient are sufficient most of the time." ***A.E.S.***

active ingredient	what it repels	how long it lasts
DEET 	Biting flies, chiggers, mosquitoes, ticks	From 1 to 12 hours
Picaridin	Biting flies, chiggers, mosquitoes, ticks	About 4 to 8 hours
Oil of lemon eucalyptus (or PMD)	Mosquitoes, ticks	About 2 to 6 hours
IR3535 (3-aminopropionic acid ethyl ester)	Biting flies, mosquitoes, ticks	About 2 to 8 hours

STILLS: TODD HUFFMAN; BUGS: SHUTTERSTOCK.


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OLAY
TOTAL EFFECTS BODY WASH
OLAY
total effects
7
NEW
OLAY
total effects
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that thinks like an
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and has earned the
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OLAY. CHALLENGE WHAT'S POSSIBLE.™

5 FAVORITE NEW ICE CREAM AND SORBET FLAVORS

This summer, chill out with our staff's ice cream and sorbet picks that are anything but vanilla.

1

SKINNY COW DULCE DE LECHE

Lowfat? No way! It tastes too good. But at just 150 calories a serving, you can indulge in this caramel goodness guilt-free.

2

CIAO BELLA PEACH GINGER

The bits of candied ginger in this smooth and peachy sorbet will wake up your taste buds in an instant.

3

CIAO BELLA PRICKLY PEAR SORBET

If the hot pink color doesn't grab you, the sweet and zesty flavor, with hints of lime, sure will.

4

BLUE BUNNY FROZEN YOGURT CARAMEL PRALINE CRUNCH

We love how the salty ribbons of caramel take classic butter pecan to a whole new level.

5

HÄAGEN-DAZS MIDNIGHT COOKIES & CREAM NATURAL ICE CREAM

Chocoholic heaven! We have one word for this triple delight of creamy chocolate ice cream, chewy fudge and crunchy chocolate wafer cookies—*yum!*



best beach snacks

When packing for a day at the beach, bring along a few healthy nibbles.

trail mix
Customize a blend of sweet and salty to your liking. In a ziptop bag, combine a handful each of snacks like almonds, dried cranberries, cashews and mini whole-wheat pretzels.

fruit salad
For something refreshing, put chunks of pineapple and mango in a container with a tight-fitting lid. Add frozen peach slices, strawberries and blueberries to help keep it cool.

cheese
Pack lowfat cheese sticks along with some crunchy breadsticks.

roll-ups
Sandwiches are too bulky and messy for the beach. Instead, spread PB&J on whole-wheat flour tortillas, roll, then cut into sushi-style bites. Pack in a lidded plastic container.

crudités
Transfer 2 Tbsp hummus to a small container with a tight-fitting lid. In a ziptop bag, pack a mix of carrot and celery sticks and cucumber slices for dipping.

ANTONIS ACHILLEOS; PROP STYLING BY LOREN SIMONS.


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DUNKING IS FOR OREO COOKIES ONLY!!!
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DUNK IT FOR YOURSELF!
OREO
Cakesters
Soft Snack Cakes
OR DON'T!
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BEST BEACH READS

WD staffers recommend a few to stash in your beach bag.

DISMANTLED
by Jennifer McMahon
This book is engaging and suspenseful, one you'll race through to solve the mystery.

THE PERFECT HAPPINESS
by Santa Montefiore
Women will relate to this story about learning to be content with what you have.

SUMMER SHIFT
by Lynn Kiele Bonasia
This quick read is set in Cape Cod, so it gets you in a vacation state of mind.

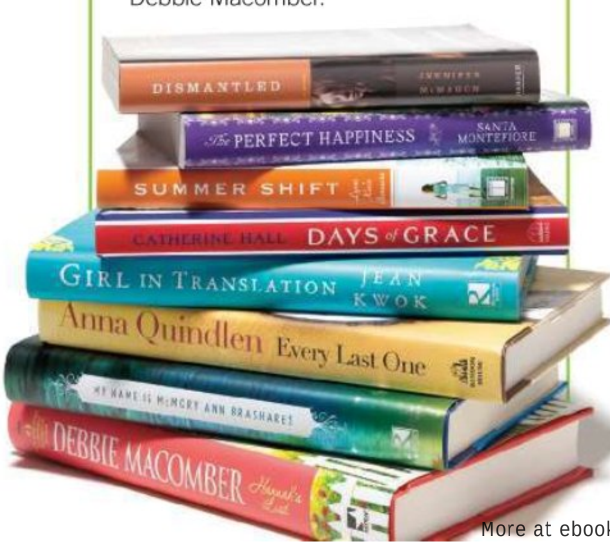
DAYS OF GRACE
by Catherine Hall
The story of forbidden love is simply but powerfully told, and is a vivid picture of England during the war years and in the present day.

GIRL IN TRANSLATION
by Jean Kwok
A heart-wrenching look at the challenges of immigrant life and family interactions, told from the perspective of a 12-year-old girl.

EVERY LAST ONE
by Anna Quindlen
The shocking plot twist makes it totally engrossing.

MY NAME IS MEMORY
by Ann Brashares
A page-turner that combines a beautiful story of love and fate with elements of the supernatural.

HANNAH'S LIST
by Debbie Macomber
This atypical love story will have you cheering for all the characters—classic Debbie Macomber.



mixed berry iced tea



Ready for iced tea with a twist? Try this refreshing new take on a summer classic.

SERVES 10

- **4 black tea bags**
- **4 berry-hibiscus herbal tea bags (we like Celestial Seasonings Red Zinger)**
- **8 cups water**
- **¼ cup superfine sugar**
- **2 Tbsp lemon juice**
- **Ice cubes**
- **½ cup each raspberries and blueberries**
- **½ cup strawberries, quartered**
- **Thin lemon slices**

1. Place tea bags in a heatproof pitcher. In a 4-qt saucepan, heat water to a boil. Pour it into the pitcher and steep tea bags for 10 minutes. Remove tea bags; let cool and refrigerate, covered, until cold, about 1 hour.

2. Stir in sugar and lemon juice. Add ice, berries and lemon slices to pitcher.

safety alert!

Drowning is the second leading cause of accidental death among children ages 1 to 4 and 10 to 14, according to Chrissy Cianflone, director of program operations for Safe Kids USA. How to keep kids safe near water:

- If you or your kids don't know how to swim, learn. Check your local recreation center or YMCA for lessons. And get your family CPR-certified too. The Y typically offers classes for adults and older teens.
- A child can drown in seconds. If you don't hear your child splashing, the silence should alert you that something might be wrong.
- Don't get distracted. Refrain from reading or talking on the phone. If other adults are around, take turns water-watching.
- Pay attention to beach signs designating safe swimming areas. Stay within those boundaries. And don't let kids swim alone.
- Swim near a lifeguard and introduce your kids to him or her so they know whom to go to in an emergency.
- Don't let kids dive off rocks, piers, etc. if you don't know the depth of the water.
- Own a pool? Keep it covered when not in use and install safety fencing. *Crystal Tate*



WE'RE FANS!

Check out the new Air Multiplier by Dyson, the famed vacuum people. It's a bladeless fan—you can stick your hand right through the center! This new technology doesn't come cheap (the fan starts at $299). But lucky you: You can snap on the icon below to win one!



No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.

TOP RIGHT: ANTONIS ACHILLEOS; PROP STYLING BY LOREN SIMONS. BOTTOM LEFT: TODD HUFFMAN.

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5 TIPS FOR A FLAWLESS SHAVE

Get smooth results with this advice from Debra Luftman, MD, a Beverly Hills dermatologist and coauthor of *The Beauty Prescription.*

1 **Wait** until the end of your shower to shave. The steam softens hairs for smoother results.

2 **Shave** upward (from ankle to knee), using shave cream.

3 **Prevent** irritation: The bikini and underarm areas are delicate, so use shave cream (not soap) to avoid friction between the blade and your skin. Again, be sure to shave upward.

4 **Remove** your razor from the shower. It's a breeding ground for bacteria, which can irritate skin.

5 **Replenish** moisture. When you shave your underarms, you lose 20 percent of the top layer of skin. Soothe the area with a moisturizing deodorant like Dove Ultimate Beauty Care Light Radiance Anti-Perspirant/Deodorant. ($4; at drugstores) *M.M.*



HAIR 911

Heat plus humidity doesn't have to equal a hair emergency. Jimmy Keaton, master stylist at the Aveda Vandam Street Lifestyle Salon in New York City, tells you how to maintain your mane even on the hottest days. ***M.M.***

problem	pro fix	what to avoid	products we love
out-of-control frizz	Apply an anti-frizz product to very wet hair, then gently blot or scrunch (don't rub) with a towel.	Touching your hair throughout the day will only make frizz worse. Once you finish styling your hair, leave it alone.	 Aveeno Nourish + Style Smoothing Shine Crème ($7.49; at drugstores)
dried-out strands	Get a salon conditioning treatment (it lasts 6 weeks) or use a deep conditioner twice a week.	Hot styling tools cause more damage. If you must blow-dry or use an iron, prep hair with a thermal conditioning spray.	 Aveda Damage Remedy Daily Hair Repair ($24; for salon locations, visit *aveda.com*)
exposure to chlorine or salt water	Rinse hair with fresh water, then let dry. Or apply a deep conditioner to wet hair before going swimming.	Nix bleach when coloring hair; it can make hair brittle. Ask your stylist to recommend an alternative.	 Samy Deep Conditioning Treatment ($4.99; at Walgreens)
quickly fading color	Cover your hair when you spend time outdoors. Or apply a UV protection spray to block UV rays.	Try not to get hair wet in the pool; chlorine is tough on color. And always use a shampoo for color-treated hair.	 Avon Advance Techniques True Blonde Strengthening Shampoo ($6; *avon.com*)
peeling scalp from sunburn	Before washing, gently brush hair to loosen and remove flakes. Massage scalp as you shampoo.	Don't part your hair when you'll be outdoors; it leaves your scalp vulnerable to a burn.	 René Furterer Protective Summer Fluid KPF 90 ($23; *spalook.com*)

WIN A TRIP TO VEGAS

$1,000 VALUE

One lucky winner will receive a two-night Las Vegas Excitement and Relaxation trip for two to Treasure Island Hotel & Casino, courtesy of TI and K Hotels. The prize includes two nights' lodging, a couples' spa treatment, two tickets to Cirque du Soleil and more. **treasureisland.com**

Enter to win online: **womansday.com/giveaways.** For a list of winners: **womansday.com/winners**



STILLS: TODD HUFFMAN

just **beachy**

Hit the sand with the right essentials to ensure a goof-proof day of fun.





1

sun blocker

Keep your cool with Frankford Umbrellas' steel skeleton model in Pacific Blue & White. Thanks to a marine-grade acrylic shade, pointed-tip wooden pole, and stainless steel joints and rivets, this umbrella has you covered. (6½-foot diameter, $159; **umbrellasusa.com**)

2

splash of color

Sprawl out or wrap up in this oversize Extra-Big Multicolored Medallion cotton beach towel. The colorful pattern will make you easy to spot in a sea of sunbathers. (40" x 70", $12.99; **homegoods.com** for stores)



3

food to go

A hands-free cooler? Genius! Picnic Time's Zuma backpack cooler has an insulated, water-resistant bottom half to keep items chilled, and an expandable drawstring top half to hold a beach towel, sunscreen and more. ($24.99; **kohls.com**)

Ayn-Monique Klahre

HOW TO INSTALL A BEACH UMBRELLA

Just stick it in the ground, twist and you're done, right? Wrong! An improperly secured beach umbrella is more than a why-does-it-keep-falling nuisance—it's also dangerous. "If it's blown out by the wind, a beach umbrella can become a deadly projectile," warns Butch Arbin, captain of the Ocean City Beach Patrol in Maryland. Here's how to make sure yours stays put:

1. Use an umbrella with a wooden pole; wood goes into the sand better. Open the umbrella, jab the point in the sand, and gently rock the pole back and forth to drive it in. "Rocking moves sand out of the way so the pole can keep dropping down," says Arbin.

2. Once the pole is at least 18" deep (about the length of your forearm), point the top of the umbrella toward the direction of the wind.

Angela Ebron



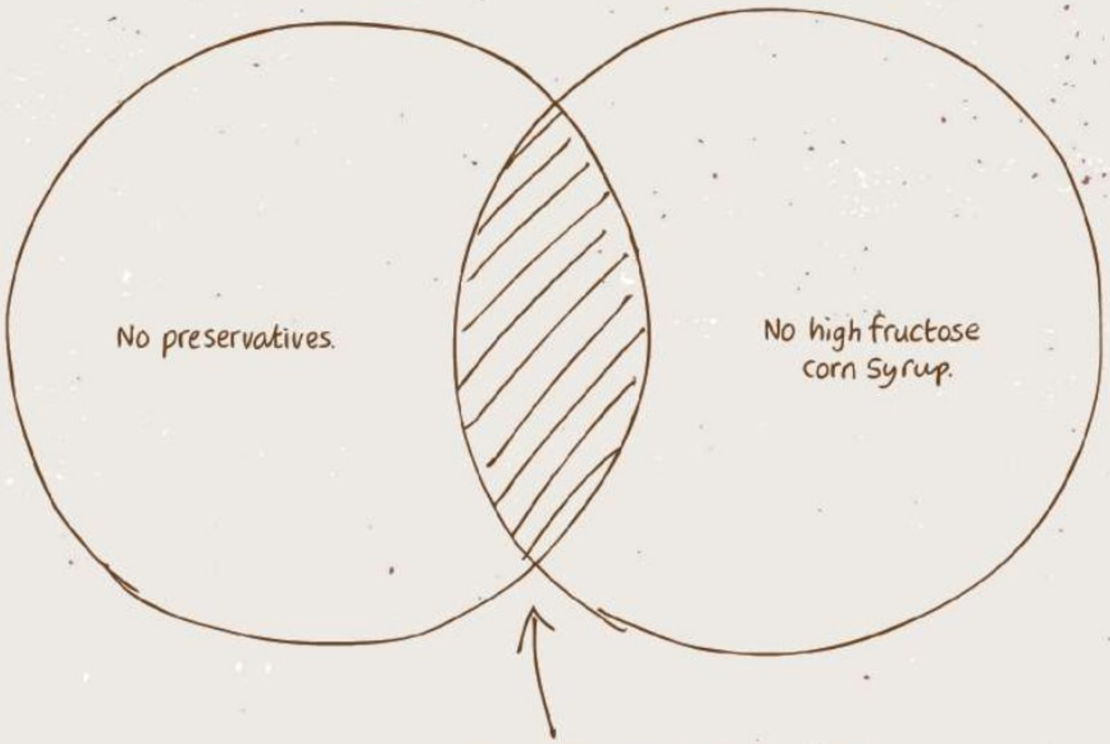
HAVE A SEAT

Snap to win this Living Accents High Back Beach Chair! It reclines in five positions, including totally flat. There's even a built-in towel holder and a shoulder strap for easy carrying. Holds up to 240 lbs. ($49.99; *acehardware.com*)

STILLS: TODD HUFFMAN

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.

A simple diagram *for* tasty tea.



That means it tastes **yummy**.

Diagrams show things. And as this one demonstrates, our teas taste really great.
That's because no preservatives or high fructose corn syrup means Swiss Premium Teas are naturally tasty.



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www.swiss-tea.com

HOW TO CLEAN...

the air conditioner

A dirty one burns excess electricity and pumps grime into the air.

STEP 1 Remove the filter, which is hidden behind the front grille. Most pop out by releasing small tabs; some may require a screwdriver. Scrape off the gunk with an old toothbrush. Metal or foam filters can be washed in soapy water. (Some models have disposable filters; change as often as the manufacturer recommends.)

STEP 2 Vacuum the fins you see inside the air conditioner with your extension hose; this will help air pass through cleanly. If the fins are still dirty after vacuuming, spray with air conditioner cleaner (from a home supply store).

the ceiling fan

A fan bogged down with dirt is off balance and less efficient.

STEP 1 Carefully stand on a ladder and clean blades with a vacuum extension hose. If there's serious grime, wipe blades with a microfiber cloth. Sometimes this alone rebalances the fan.

STEP 2 Reweight it. Buy a balancing kit (weighted strips to attach to blades) at a home supply store for about $5. Turn the fan on low, notice which blades are spinning higher than others, turn it off, and put a strip on the higher blades until they balance.

the grill

All that ash ends up in your food, so clean your grill regularly.

STEP 1 If you have a gas grill, disconnect the tank. Put grates on a tarp outside and clean with oven cleaner (wear rubber gloves).



STEP 2 Empty the grill base. Shovel coal and ash into the trash; spray out the grill with a hose. For gas grills, use a warm, damp rag to clean the burner; reattach the tank.

STEP 3 Rinse grates thoroughly with a garden hose.

Arianne Cohen



SUMMER FLING

WD loves Flings Bins (pop-up trash cans) so much, we created our own pattern. Get a 4-pack for $9.99 (regularly $15.99) from *amazon.com* or *flingsbins.com.* Snap for the coupon code. Valid June 1–July 12.



stain-free summer guide

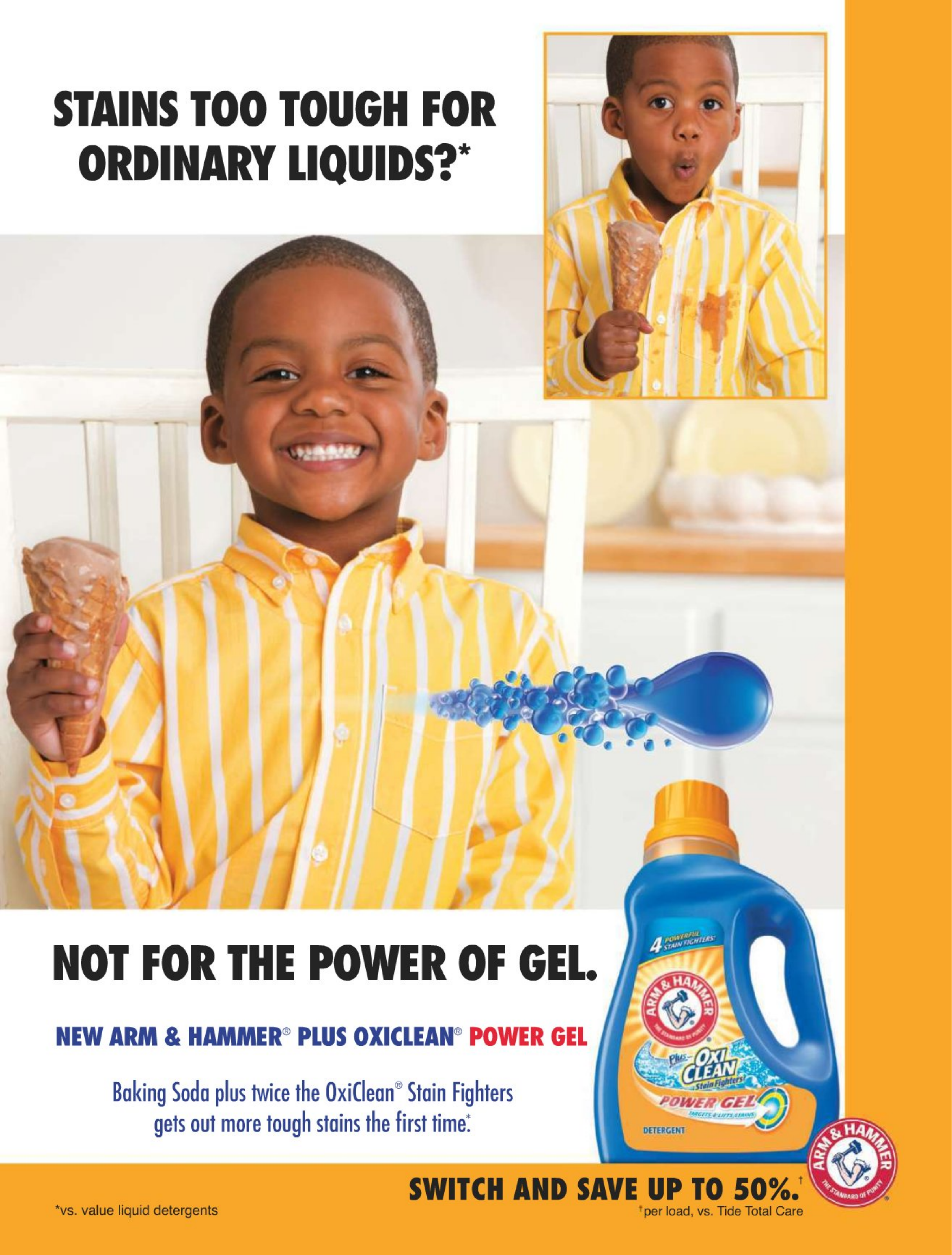
Just grab this cheat sheet when you're in doubt about how to get it out. ***A.C.***

THE STAIN	THE SOLUTION
grass	In a well-ventilated room, dab mineral spirits on a corner of the fabric. If it's not adversely affected, flush the stain. (If it is, pretreat with a stain stick instead.) Let dry, then use a toothbrush to remove as much of the spot as possible. Then, test a bit of rubbing alcohol on a corner of the fabric. If it's OK, flush stain with a mix of 1 part water to 1 part alcohol. Let dry; launder.
soda	Soak the stain immediately in cold water for a half-hour. Treat with a stain stick, then wash as usual.
ketchup, BBQ sauce	Rinse in cold water immediately, then soak in a mix of 1 part liquid laundry detergent to 8 parts cool water for 10 to 15 minutes. Apply detergent to the stain; wash as usual. Still see it? Soak in white vinegar for 10 to 15 minutes.
grill grease	Dishwashing detergent was made for grease! Rub some into the stain, rinse off in hot water, and repeat until the stain is gone.
mustard	Test white vinegar on a hidden corner of the item, and if the fabric tolerates it, soak the stain in it for 10 to 15 minutes. (If not, use a stain stick.) Handwash it in a mix of dishwashing detergent and water, then launder.
ice cream	Soak in warm water for 10 to 15 minutes, then treat immediately with a stain stick. Launder normally.

▶ TIMESAVING TIP **After you've tackled summer stains in the wash, save yourself a few minutes when you're ready to dry. Instead of tossing in a dryer sheet with every new load, stick a Bounce Dryer Bar to the inside of the drum. It lasts up to 4 months. ($9.49; *drugstore.com*)**

GRILL: SHUTTERSTOCK

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.


STAINS TOO TOUGH FOR ORDINARY LIQUIDS?*
NOT FOR THE POWER OF GEL.
NEW ARM & HAMMER® PLUS OXICLEAN® POWER GEL
Baking Soda plus twice the OxiClean® Stain Fighters gets out more tough stains the first time.*
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DETERGENT
SWITCH AND SAVE UP TO 50%.†
*vs. value liquid detergents
†per load, vs. Tide Total Care
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SUMMER **RETREAT**

These festive finds add little touches of summer to everything from a backyard barbecue to an elegant outdoor party.



1 in the mix Turn your party into a fiesta. These colorfully patterned, hand-painted wooden salad spoons dress up any greens. (11" x 4", $8.99 for set of two; **homegoods.com** for stores)

2 sweet treats Who can pass up ice cream in a waffle cone? These cute serving containers may not be edible, but they're durable. They have the look of ceramic but the resilience of plastic. (6.5" x 3", $28 for set of four; Accentric, 888-257-5510)

3 cheep chic Service with a smile: Your guests will grin when they see the quirky birds adorning this lightweight Bärbar tray. It's the perfect size for serving drinks on the patio. (13" square, $5.99; **ikea.com**)

4 play it cool Add a splash of fun to lemonade or margaritas with Plastis Ice Cube Trays. They're flexible, so the cool, fish-shaped cubes pop right out. ($1.99 each; **ikea.com**)

5 chill out Small enough to fit in the fridge, the Tea Jar is indispensable when it comes to dispensing drinks. The lid handle means easy transport, and the spigot allows easy access. Plus, it's shatter-resistant. ($5; at Walmart)

6 night lights These lanterns create ambient light when you're entertaining alfresco after dark. By day, they add a pretty summery accent to your outdoor decor. (6" x 4", $28 for set of two; **notneutral.com**)

7 too hot to handle Ditch boring corn-on-the-cob holders for super-cute Gama-Go Uni-Corn Holders. Who knew getting a grip on an ear could be so much fun? ($6.99 for set of four; **amazon.com**) *A.M.K.*

STILLS: TODD HUFFMAN. CORN: ANN STRATTON.


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An evening spent making Rice Krispies Treats® with your grandchild has all the ingredients of a lifetime memory.
Childhood is calling.™



best beach toys

- This isn't your typical bucket and shovel. The Gowi Lighthouse Sand Toy comes with four tower molds, a scoop and a cup that all nest into the bucket base. (Ages 3 and up, $26.99; **amazon.com**)
- Water fight! The Nerf Super Soaker Shot Blast Water Blaster shoots water up to 25 feet with one pump and has an extra-large tank so your kids (or you!) can hold more ammo. (Ages 6 and up, $19.99; at toy stores or **hasbrotoyshop.com**)



"mom, I'm bored!"

With these four activities, you won't hear those words all summer.

PLAY WATER LIMBO How low can you go? Put on your swimsuits and turn on the garden hose. Have one player hold the nozzle while the others limbo under the stream. The last dry player wins!

BLOW BUBBLES But not just any bubbles. Trish Kuffner, author of *The Arts & Crafts Busy Book,* offers a new twist on this old favorite: Poke a pencil hole in the side of a paper cup, then stick a drinking straw through the hole until it's halfway inside the cup. Fill the cup with enough dishwashing detergent to cover the straw, then add a little water and a drop or two of food color. *Voilà!*—a bubble pipe. Now blow gently through the straw to create beautiful colored bubbles. See who can make the biggest one.

PUT ON A PLAY Kids can create masks out of paper grocery bags, cutting holes for the eyes and mouth. Then add hair, funny noses and crazy eyebrows using paint and everyday items like yarn, string, rubber bands and buttons, says Kim Kotecki, coauthor of *The Escape Plan: A 40-Day Plan to Annihilate the Adultitis in Your Life*. Once your kids don the masks, they'll come up with all kinds of characters, dialogue and plots to entertain themselves for hours.

PAINT AN OUTDOOR CANVAS Help kids get the big picture, literally, by hanging an old sheet on a clothesline or taping a large piece of butcher paper on a fence for your little artists to use as a canvas. Give them large store-bought brushes and also encourage them to use whatever they find outdoors—dip grass, leaves and twigs in the paint to make interesting prints, swishes and swirls.

Lisa Armstrong

WATER GUN: TODD HUFFMAN.



Information For Patients About
Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is depression?

Depression is a serious medical condition with a variety of symptoms. Symptoms may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, trouble concentrating or making decisions, fatigue, changes in appetite or sleep patterns, aches and pains, irritability, and anxiety. For some, depression can include thoughts of death or suicide. These could be depression symptoms if they go on for two weeks or more and interfere with your daily activities.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.
- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant, or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

- In clinical studies of depression, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

Eli Lilly and Company
Lilly Corporate Center
Indianapolis, IN - USA

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happy days!

OUR YEAR-LONG GET HAPPY CHALLENGE
WOMANSDAY.COM WEB EXCLUSIVE

We've put out the challenge to all of you. It's time to get happy! Join us in this yearlong project, started by Gretchen Rubin, author of *The Happiness Project.*

THIS MONTH'S CHALLENGE SPIRIT

One of my happiness project resolutions is to emulate a spiritual master. In the chaos of everyday routines, it's easy to get caught up in trivial concerns and to lose sight of transcendent values like gratitude, justice and love. As I searched for a way to bring this perspective into my ordinary existence, I realized that studying a great life would help me see the larger view.

Studying a spiritual teacher like Jesus or the Dalai Lama is a universal spiritual practice. In the secular world, too, people often read biographies of those they find inspiring for spiritual reasons. They want to learn from great lives like Martin Luther King, Jr. or Winston Churchill. I chose St. Thérèse of Lisieux as my spiritual master.

- If you want to join me in this pursuit, the first step is to identify your own spiritual master. What figure in history—or in your own life—captures your imagination? Who makes you want to learn more? Who inspires you to be your best?
- Next, learn as much about your spiritual master as you can. Study his or her writings, read biographies, watch documentaries—or if it's someone in your life, have conversations, ask questions, find out what makes that person tick.
- Now comes the emulation stage. What can you do to embody the principles emphasized by your spiritual master? How can you translate his or her teachings into action in your life? Following through can be challenging, but it's a real bliss booster. When our lives reflect our values, we become much happier. *Gretchen Rubin*

HAPPINESS PROJECTOR DEB WOLF PUTS HER FAITH FIRST



About 200 years ago, journalist Alexander Chalmers wrote, "The grand essentials of happiness are: something to do, something to love and something to hope for." His quote perfectly describes my life of faith as a Christian.

Something to do
I pray. I have survived many crises, the worst of which was when my husband nearly died from a rare heart problem. It was prayer that gave us the courage to get though it.

Something to love
I love my faith—I know that I can always rely on it, and that gives me comfort. There's so much bad news in the world. It can be terrifying. But my faith keeps me from living with constant worry and fear.

Something to hope for
I hope for everything—from finding a solution to a problem to simply having a good day. And that comes from allowing God into all parts of my life. He makes anything possible, and embracing that belief makes it easier to achieve happiness.

TOP LEFT: JUSTIN HUTCHINSON/GETTY

BECOME A HAPPINESS PROJECTOR

Once a month, check out the magazine for Gretchen's words of wisdom and updates on some of the people following her plan. Who knows? Maybe you'll be the next one featured!

Go online to *womansday.com/happiness* to meet other Projectors and get more feel-good resources.

Follow us on Twitter at *twitter.com/womansdaytweets* for a daily dose of happiness.

Check out *facebook.com/womansdaymagazine* for support from other WD Facebook fans.

Listen to RadioWD at *womansday.com/radiowd* for shows on living well every day.

Pick up Gretchen's book, *The Happiness Project* ($25.99; Harper), for more of her story.

Everyone can always be happier, right? Join us in this initiative to work on a great project: you!

by Angela Ebron

celebrate


Submitted by Carol Gregg.

With Fourth of July right around the corner, most of us are looking forward to breaking out the lawn chairs and firing up the grill. But to celebrate the *true* meaning of the day, *Woman's Day* and AOL Living (**living.aol.com**) surveyed 1,200 women to find out how they feel about the Fourth, the flag and patriotism in America. And what better way to illustrate the results than with favorite patriotic photos shared by WD readers?

Patriotism means...

Loving your country unconditionally	51%
Accepting all people for who they are	17%
Helping your fellow man	14%
Serving your country through the military	9%
Pursuing the American Dream	8%
Serving your country through public office	1%

FAMILY FIRST

While 51% of you say that loving the U.S.A. no matter what is the very definition of patriotism, it doesn't mean you'll put the country ahead of your loved ones. For the majority of you, family takes precedence:

Which one comes first?

Family	59%
Religion	19%
Country	11%
Self	9%
Community	1%

What's more unpatriotic?

Not supporting the troops	43%
Refusing to say the Pledge of Allegiance	28%
Not voting	17%
Not paying taxes	10%
Trying to get out of jury duty	2%

red, white & true blue

Are you more patriotic now than you were 10 years ago?

56% (more than half of you) say yes, while **44%** say no. It's little wonder that feelings of pride in America have increased since 2000—just look at everything that has happened to us in the last decade. "Over the past 10 years, we were attacked on 9/11; we started two wars that we are still fighting; and we elected, for the first time in our history, an African-American to the presidency," says Russell Muirhead, PhD, associate professor of democracy and politics at Dartmouth College. "Each of those events stirs patriotic passions."

America

TOP 3 MOST PATRIOTIC FIGURES

42% **george washington**

34% **uncle sam**

18% **abraham lincoln**



Submitted by Anne Paterik.

did you know...

George Washington was the only U.S. President who did not live in the White House.



Submitted by Rebecca A. Fernandez.

long may she wave

You're proud of Old Glory and it shows. For most of you, those stars and stripes are the very essence of what it means to be an American.

Which one of the following best symbolizes patriotism?

American flag....64%

Arlington National Cemetery....18%

Statue of Liberty....12%

The Liberty Bell....5%

Do you display the American flag?

Yes....63%

No....37%

Do you display it year-round or just on certain holidays like the Fourth of July, Veterans Day and Memorial Day?

Only on holidays....51%

Year-round....49%

DID YOU KNOW....

You can buy a flag that has flown over the U.S. Capitol. Just send a letter of request to your senator or representative.

YES, WE CAN?

The second time may not be the charm for President Barack Obama.

Just 25% of you believe he'll get re-elected in 2012. Who do the rest think will unseat him? Based on these results, it won't be any of the current front-runners. **Just 12% have faith in Mitt Romney. Sarah Palin (5%)** and **Hillary Clinton (3%)** fare worse. **Most of you (55%)** say the next President will be someone who's not even on the radar now.

How often do you vote?

In every election—local, state and national...........78%

I just vote in Presidential elections..........15%

I don't vote...................6%



Submitted by Jaime Coffman.

How do you spend the Fourth of July?

Having a barbecue....................................13%

Watching fireworks.......................................12%

Going to a parade...........................1%

All of the above............................58%

I don't do anything special...15%

did you know... Static electricity in synthetic clothing can ignite fireworks. That's why those who make fireworks wear cotton—all the way down to their underwear.

R.E.S.P.E.C.T.

That's what the Queen of Soul gets when it comes to picking the best singer to belt out "The Star-Spangled Banner." But the queen (or maybe, princess) of country, Carrie Underwood, isn't far behind.

Who is the best person to sing the national anthem?

Aretha Franklin.............................36%

Carrie Underwood.........................34%

Barbra Streisand...........................18%

Bruce Springsteen..........................8%

Beyoncé 3%



mom, baseball and...

When we think America, we think apple pie, so it's no surprise that the majority of you say it's the most patriotic food. In second place: hot dogs. And that other Fourth of July favorite, hamburgers, comes in a distant third.

apple pie



51%

hot dogs



40%

hamburgers



6%

When people talk during the national anthem at sporting events, you:

Feel annoyed; it's extremely disrespectful............................75%

Notice it but ignore it...............17%

It doesn't bother me at all.........8%

Do you believe in the American Dream?

Yes... 78%

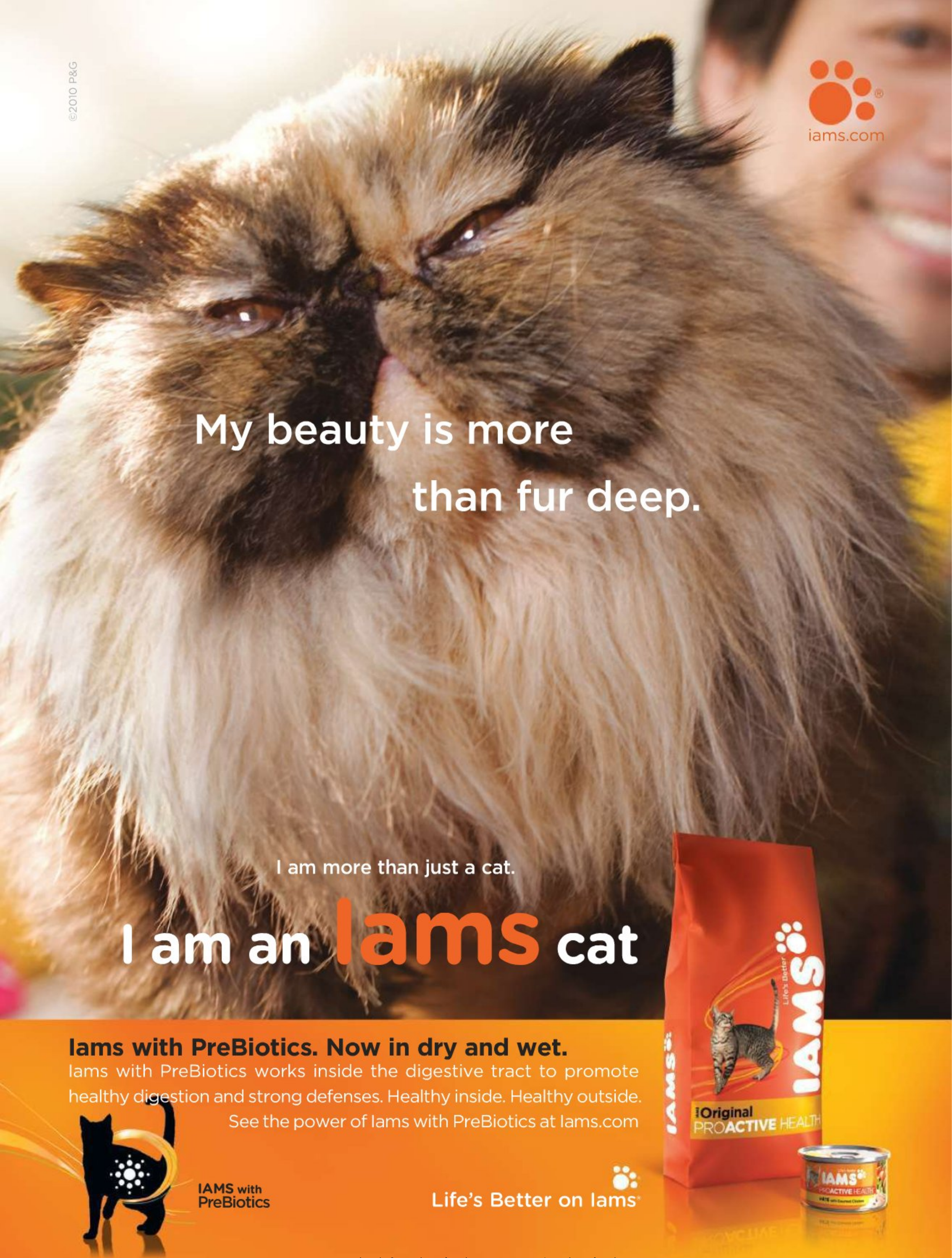
No... 22%

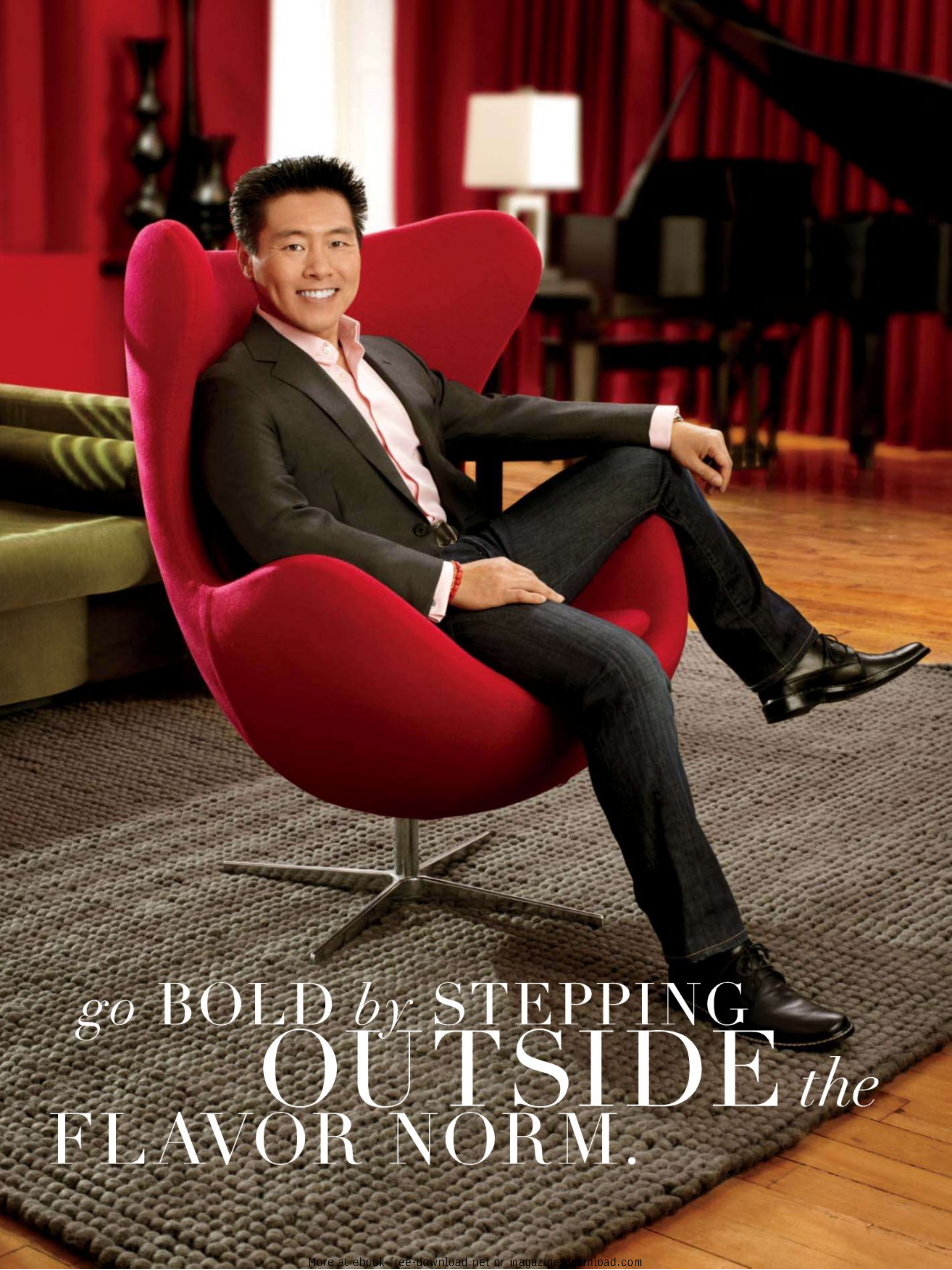
Should 9/11 be made a federal holiday/day of remembrance?

Yes...63%

No... 37%

CLOCKWISE FROM TOP RIGHT: SHUTTERSTOCK (3); CHRISTOPHER POLK/GETTY; DIMITRIOS KAMBOURIS/GETTY; KEVIN MAZUR/GETTY; ANDY LYONS/GETTY; LARRY MARANO/GETTY.


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iams.com
My beauty is more than fur deep.
I am more than just a cat.
I am an Iams cat
Iams with PreBiotics. Now in dry and wet.
Iams with PreBiotics works inside the digestive tract to promote healthy digestion and strong defenses. Healthy inside. Healthy outside.
See the power of Iams with PreBiotics at Iams.com
IAMS with PreBiotics
Life's Better on Iams
IAMS
Original
PROACTIVE HEALTH


go BOLD by STEPPING
OUTSIDE the
FLAVOR NORM.


The Viva Chipotle. Tastefully designed with New
KRAFT SANDWICH SHOP Chipotle Mayo
by Celebrity Designer Vern Yip.
kraftfoods.com/sandwich
give your SANDWICH
a MAKEOVER.
KRAFT
SANDWICH SHOP
MAYO
Chipotle
KRAFT
SANDWICH SHOP
MAYO
Garlic & Herb
KRAFT
SANDWICH SHOP
MAYO
Horseradish-Dijon
KRAFT
SANDWICH SHOP
MAYO
Hot & Spicy
© 2010 KRAFT Foods. KRAFT SANDWICH SHOP Chipotle Flavored Reduced Fat Mayonnaise.



Meet these everyday heroes who are changing people's lives, and inspiring you to do the same by Sally Stich

you **can** make a difference

What if you could make life better for someone in need? These people do just that every day. Through persistence and tireless drive, they have helped thousands of people in their community and beyond feel less alone, get a hot meal and receive medical care. Read on and prepare to be inspired.

the power of one

Spring, 2007. Long Island, New York. Eight 13- and- 14-year-old best friends embark on a mission: to start a charity. Why? "We all come from families where giving back is part of life," says Jessica Feldman, now 17 and a high school junior in Merrick, New York. "My father has sponsored a guide-dog puppy and my mom takes us on fundraising walks." Jessica has also worked at the local animal shelter. Helping others just seemed natural.

Finding the right cause was not as easy. At least until one of the girls watched an episode of *The Oprah Show* about child slavery in Africa. "We were all horrified by the sight of kids whose parents sold them to local fishermen for $20, into a life of abuse and filth," says Hayley, Jessica's twin. The girls learned about the International Organization for Migration: $4,300 could rescue a child from slavery and help subsidize the family to raise their own children. At the girls' next meeting, they brainstormed how to raise money, but not before one of the moms insisted they sign a one-year commitment contract. "Our moms wanted to make sure we were serious," says Jessica.

☆ **Donate to One Is Greater than None (started by the girls pictured above) by going to *oneisgreaterthannone.org.***

They decided on a product—beaded bracelets—and came up *(Please turn to 44)*

COURTESY OF ONE IS GREATER THAN NONE


If you find anything else inside our bag, it's called your hand.
Just potatoes, all-natural oil & a dash of salt.
Lay's
Classic
Happiness is simple
Per 1 oz serving. All TMs owned by Frito-Lay North America, Inc. © 2010.

YOU CAN MAKE A DIFFERENCE

CONTINUED with their name, One Is Greater than None. A Web-based bead company donated the beads, the twins' father helped get them set up as a nonprofit organization (see "Start Your Own Charity," page 49) and they set up a website. Then the girls started beading and contacting local stores, the mall and craft fairs, where they sell their bracelets ($15 each) and spread awareness of their cause. "Our goal was to raise money," says Hayley, "but it was also to show others that everyone can help in some way." To date, they've raised enough to save and educate 24 children and sponsor an additional 24 children who had previously been rescued and now live in an orphanage.

But their good deed abroad drew some unexpected criticism. At one show in 2009, a woman asked, "Why aren't you girls helping people in the United States?" That became the topic of their next meeting. The girls decided to find a way to help people in the U.S. who can't afford decent health care. They chose to donate to RAM, Remote Area Medical, a volunteer medical corps out of Knoxville, Tennessee, that brings medical treatment to poor rural areas. "Almost everything for our missions is donated, but our biggest monetary need is gas money to get the vans and medical equipment to these areas," says Karen Wilson, executive director of RAM Foundation.

The girls funded their first mission with prize money they'd won from The Encouragement Foundation. That $5,000 donation brought $777,196 worth of medical care to 1,012 kids, adults and families. "It's amazing to think so many were helped over one weekend," says Hayley.

> "We want people to look around and ask, 'How can I be part of the equation?'"

Their goal now is to sponsor two more expeditions, not only with money but also their presence. "We want to do hands-on work," says Jessica. "Raising money is good, but our goal is beyond money. We want people to look around and then look inside themselves and ask, 'How can I be part of the equation? How can I help at least one person?'"

no child should go to bed hungry

It was late afternoon in the spring of 2005 when restaurateur Bruno Serato, 54, showed Caterina, his beloved mama, the Boys & Girls Clubs of Anaheim. She was visiting from Italy, and her son wanted her to see where he'd established a program in her honor. "This is where Caterina's Club does self-esteem programs for girls," he said in Italian. "Yes, yes," she replied, but her attention was on a young boy eating a bag of potato chips. She didn't want him to spoil his dinner. "This probably *is* his dinner," said Michael Baker, executive director of the Clubs. He explained that the boy was part of the "motel kids" program. Anaheim has more than 2,000 school-age kids whose families live in low-end motels since they can't afford other housing, and many don't have enough to eat.



COURTESY OF BRUNO SERATO

Help out Anaheim's Motel Kids Program at *theboysandgirlsclub.org*. Click on "Donate now" and choose Motel Kids Outreach Program in the "donate to" drop-down menu.

The next thing Baker remembers is Caterina grabbing Bruno's arm and speaking excitedly in Italian. "Mama and I will be making pasta for the motel kids tonight," Bruno finally said. And, as it turns out, he's done that every weeknight ever since. What had Caterina said to her son? "Don't let the kids go hungry."

Raised in poverty in Verona, Italy, Bruno understood the threat of hunger. His mother and father had done whatever jobs they could to put food on the table for their seven children. He also understood about helping others. He'd come to America in 1980 to learn English and had gotten a job as a restaurant dishwasher. Working his way up to manager, he eventually bought the Anaheim White House Restaurant.

The motel kids program touched something deep in Bruno's heart. From the day his mother issued her command to today, *(Please turn to 46)*

YOU CAN MAKE A DIFFERENCE

CONTINUED he's served more than 243,000 dinners. And the food is never mere leftovers. "He serves only fresh pasta and sauce made exclusively for the kids each day," says Baker, who adds that a van, donated by Bruno, picks up food at the restaurant and delivers it to two different club locations, where it is served by staff or volunteers.

Though Bruno can't serve every night, he shows up periodically, keeping an eye out for the shyer kids. One very thin girl was still hungry after her plate of pasta but was too timid to ask for seconds. Bruno quietly offered her another plate. "My eyes teared up as she gobbled it down," he says. "No kid should leave the pasta meal still hungry," he says.

To Juan Santana, 19, Bruno is an angel disguised as a superhero. "I went to the Boys & Girls Clubs for almost 10 years," he says, "and ate Bruno's pasta for the last five because my family didn't always have enough food money." Accepted to California State-Fullerton, this outstanding young man received a partial first-year scholarship, but was worried about paying for the next three years. When Bruno heard this, he told Juan that he would pick up the rest of the tuition. "I was overjoyed," says Juan. "All I could think was that someday I'll help someone. That's how I can repay Bruno."

Bruno has served over 243,000 meals to kids in need.

"What Bruno has done for Anaheim is amazing," says Baker. And though Caterina Serato has not been back to the U.S. since that last visit, she glories in her son's generosity. "Mama always tells me I'm a good boy," Bruno says. The motel kids would agree.



BRADY FONTENOT; HAIR & MAKEUP BY BRANDY GOMEZ-DUPLESSIS.

serving her country

Help send care packages to American soldiers overseas by donating to *ecarepackage.org.*

"I joined the military in 1989 out of sheer stubbornness," says 44-year-old Charlisa Holmes of Baton Rouge, Louisiana. "My dad said women didn't belong in the Army. I wanted to prove that he was wrong."

Once enlisted in the Army Reserves, Charlisa trained twice as hard to prove she could protect fellow soldiers; her natural leadership skills drew others to her when they had a problem or needed an ear. "I loved the discipline and responsibility," she says. Working on hurricane duty and community activities, Charlisa became an officer, and by 2001, she knew Afghanistan or Iraq was in her future. "I wasn't afraid," she says. "I'd taken an oath to defend the Constitution of the United States, and I was proud to do it."

But something more immediately life-threatening arrived first: In 2004, Charlisa wasn't feeling well. Her blood pressure was high and she was nauseous. Concerned, the army discharged her. She was diagnosed with kidney failure, signaling the end of a military career she loved and the beginning of dialysis three days a week for the rest of her life unless a matching kidney is found.

Deeply depressed, she found knitting to be her only salvation—and it changed her life. One day in 2005, as she stood in the library with a few knitting books, she overheard two women talking about how they could help their family members serving overseas. "I'm a soldier," Charlisa interrupted. "I can help." Together the three women started a support group, which has now grown to include 300 families. Not only do they help provide childcare and emotional support to local military families, they also send as many donated goods to *(Please turn to 49)*


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CONTINUOUS MOISTURIZATION
KERI® HYDRO-DEEP™ TECHNOLOGY
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Continuous Moisturization
Advanced
Fast Absorbing Lotion
for Silky, Soft Skin
Non-Greasy, Lightweight Formula
Moisturizing 50 years Dry Skin
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YOU CAN MAKE A DIFFERENCE

CONTINUED soldiers overseas as they can. "I know what it feels like not to have family support, and I want to make sure that our troops know there are people back home who care," says Charlisa.

Wanting to add something personal to the care packages, she came up with the idea to knit helmet liners. Her knitting group has made about 300 to date. Joset Joyner, a sergeant first class in the Louisiana Army National Guard, knows firsthand what a knitted helmet liner means to a Louisiana soldier. "For those of us from a warm climate, the freezing nights in Afghanistan are a real shock," she says. "Charlisa's helmet liners cover everything on your head but your eyes."

The troops in the Louisiana National Guard also know that Charlisa is the go-to person when they have a special request—like a traditional Louisiana crawfish boil. (Much to the delight of the soldiers who asked, Charlisa found a way to have all the ingredients shipped overseas!)

"What else would I do?" says Charlisa matter-of-factly. "I'm a former military officer. My job was—and is—to take care of soldiers. Just because my kidneys don't work doesn't mean I can't do what God put me on this earth for." **wd**

start your own charity

☆ **Choose a cause.** Is there a news story you can't forget? Is there something going on in your town that angers you? Use that as your guide.

☆ **Seek out people who know more.** Think city council, librarian, church volunteer. Do some research and make calls. Find out what and where the real needs are.

☆ **Set up a not-for-profit.** Go to the Society for Nonprofit Organizations (**snpo.org**) and read their helpful 12-step plan.

☆ **Do your tax homework.** Know the exemption requirements for soliciting donations. Just go to **charity.com/irscharityexemptions.shtml** and download the publication "Tax-Exempt Status for Your Organization."

☆ **Think social networking.** Got a website? On Facebook? Get the word out. See **havefundogood.blogspot.com** for how to start a nonprofit blog.

☆ **Find your fundraiser.** If you want to sell a product, get a supplier to donate goods or at least discount significantly. Or search **eHow.com** for "How to start a successful fundraiser" (the site also has great info on setting up a website). Looking to hold a charity auction? Go to **biddingforgood.com**.

☆ **Become a household name in your community.** Call the program director of local community centers, churches, synagogues or libraries and propose a program for you to speak to their audiences.

☆ **Hitch your cause to a bigger star.** Bruno Serato's dinners were made possible by his connection to the Boys & Girls Clubs of Anaheim. Find a larger organization that will make it easier to reach your goals.

☆ **Tap into your unique talents.** If you're lousy at asking for money directly but great at organizing a fundraising walk, raise money that way. If you're a great public speaker but not so good at Web design, find the people who have skills you lack. The key is to do what you're good at.

by Mary Hunt

cash in while

The smart guide to rewards programs



Checked your wallet lately? If yours is bursting at the seams the way mine is, it may be because of all those rewards cards. According to *Consumer Reports Money Adviser*, 85 percent of U.S. households participate in at least one rewards program.

Managing those rewards, however, can be a challenge. Sure, the perks can be fantastic (I can't count how many times I've flown free on frequent-flier points or enjoyed free car rentals). But the pitfalls can be costly. Why? Credit card companies, airlines, retailers and supermarkets rely on their programs to get you to do at least three things: come back again and again, increase the volume of your purchases, and become immune to the pull of the competition.

All this is good for them, but you need to make sure it's good for you. You don't want to be limited to one retailer, airline or supermarket. And while you want choices, you don't want to belong to so many programs that they become unmanageable or you're tempted to overspend. Read on to learn the best way to use rewards programs, and find out which of those cards really deserve a place in your wallet.

LYNN JAMES/GETTY

you shop

rewards credit card

how it works With each qualifying purchase on the card, you earn something: miles, points or cash. Once you accumulate enough points or miles, you can redeem them to rent a car, buy merchandise or take a trip. If it's a cash-back card, you'll receive a statement credit or check.

why you want it If you enjoy traveling and are a heavy credit-card user, a card that earns miles might be a great way to earn free travel. If you'd rather shop, then a card that has a great merchandise program might be more to your liking. Just make sure you're up to organizing and keeping careful track of your points or miles account. Cash-back cards are less of a hassle in terms of upkeep, but you still need to make sure you're getting back the right dollar amount.

what to look out for "Overall, rewards programs were diminished (both in the earn rate and number of offers) in the 12 months leading up to the February effective date of the CARD Act," says Curtis Arnold, founder of **CardRatings.com**. This was due to the credit crunch and unintended negative consequences of the Act—which was designed to protect consumers, but prodded credit card companies to offer fewer rewards cards and lower their points while they were sorting out the regulations. Fortunately, as the companies have adjusted and the credit crunch begins to loosen, the trend is starting to reverse, Arnold says.

What does this mean for you? Interest rates on some cards still are higher than they were 18 months ago, and cards that were no-fee before may now have fees. This means you could pay $50 to $100 just to have the card; if you carry a balance, you could pay around 20 percent interest on top of the fee. This can make it virtually impossible to earn enough rewards to offset the interest.

bottom line If you generally carry a balance, forget a rewards card—even one with no annual fee and even if you have a terrific credit score. The interest rate is just too high for you. Better to pay off the credit cards you have now, then reconsider a rewards card later. If you charge a lot and want continued access to the best rewards, make sure your FICO score stays above 740, says Liz Pulliam Weston, MSN Money columnist. (To find out how to get your credit report, go to **womansday.com/report**.) "Also, keep track of your rewards and their value when you cash them in," she says. "If you're not earning at least 1 percent of what you spend on the card, look for a better offer." And if an issuer imposes a fee you don't want to pay, call and protest. "If they won't waive the fee and you have good credit and other accounts, close the account; it shouldn't do major damage to your credit score," says Weston.

(Please turn to 54)



MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Last Modified: 05/2009 VYV-01080

Shire



airline rewards club

how it works Airlines reward customer loyalty with frequent-flier miles. Once you earn a certain number of miles, you're usually eligible for a free round-trip ticket between cities that airline services.
why you want it If you're flying anyway, you may as well collect all the miles you can. For most airlines, there's no cost and very little record keeping. Your account is maintained at the airline's website, where you learn the terms and conditions and watch your account grow.
what to look out for If you're not a frequent flier but want to earn miles, compare the airlines' programs and choose the one that allows you the greatest opportunities to earn those miles or points for *non-flight* activities. Also, keep in mind that while most frequent-flier memberships are free, there will probably be some fees later: for mileage redemption or on accounts with no recent action, for example. Be sure to read the terms and conditions closely. And book way in advance: Mileage may be subject to limitations, blackout dates and expiration.
bottom line If you fly at all, join all the airlines that service your area even if you have no plans to fly right now. Then try to book all of your flights on the same airline to start racking up points. Just be aware that redeeming points for the exact flights you want can be a challenge.

supermarket rewards club

how it works To join, simply fill out an application form. At checkout you must present or scan your club card to get the store's sale prices. Most supermarket clubs offer additional rewards to active members (e.g., a free holiday turkey, a 10-percent-off coupon for your next shopping trip).
why you want it The sales!
what to look out for Once you sign up, the store knows a lot about you (see "You Have to Give to Get," *below*). Also, big chain supermarkets are typically the highest-priced stores in town. Their sales make some items reasonable, but paying full price for others can offset those savings. A savvy shopper will stick to sale items (also called "club savings" or "club specials") and go easy on the rest.
bottom line If you don't want to disclose personal information, steer clear. If you do want to join and there are multiple supermarkets and grocery stores in your area, join all the clubs. You never know when one store will have a great price on chicken, while another has a big sale on frozen vegetables.

drugstore rewards card

how it works Complete an application to get a club card. Use this card at checkout to get the sale prices and earn cash-back rebates.
why you want it Your club card will give you discounts on a variety of items, even prescriptions at some stores. There's also very little to do to manage your rewards.
what to look out for Giving your personal information is part of the deal. Some chains cash in your rewards and deduct the amount from your next purchase; others offer cash back after you've earned a certain amount. Know what yours offers beforehand. And remember, it's easy to get hooked on loading up your rebate account or earning double bonus points. Don't be tempted to buy what you don't need!
bottom line If you don't mind giving your information and you can control your spending, sign up. It's foolish not to benefit from the sale prices if you use these stores. **wd**

your rewards credit card has backfired if…

- You earn rewards you don't use.
- You pay more in fees than you earn in rewards.
- Rewards expire before you can earn enough to use.
- Rewards are only good at stores and restaurants where you don't shop or eat.
- You can't pay the balance. (No reward is worth paying interest on a revolving balance!)

YOU HAVE TO GIVE TO GET

When my favorite supermarket launched its "Club," I wasn't thrilled. I didn't want to give up my name and address to allow them to keep tabs on what I purchase, how I pay, how often I shop and what my buying preferences are. But that's the only way to participate in store sales. It's play by their rules or pay full price all the time.

WHAT YOU GIVE your name, address, phone number and access to your shopping habits.

WHAT YOU CAN GET Lower prices, free stuff or cash back.

IS IT WORTH IT? Only you can decide what's right for you. Keep in mind that companies can do lots of things with your information, like share it with third-party partners and sell it to marketing firms, so read each program's privacy policy before you sign up.

REWARDS PROGRAMS: **WHAT YOU SHOULD KNOW**

1. Standards vary. Every program has its own point system. What one plan calls a "mile" could differ from another's.

2. Rewards can expire. Points and miles can be devalued or expire altogether—sometimes quicker than you think. If you qualify and want a simple rewards program, go for the cash.

3. Restrictions are routine. All plans have them, so read the fine print! You don't want to find out that none of your purchases counted because you didn't shop in the right store or have enough qualifying purchases within a specific period.

4. Redeeming points can be difficult. This isn't always the case, but read the terms carefully so you know what you're getting into, and when in doubt, call and ask. Sometimes it's just a matter of entering a special code.

5. Changes happen. All rewards programs and card issuers reserve the right to change the terms of cash-back and rewards at any time. Watch your mail and read all notices to keep up.

what's in it for the company?

Rewards programs are not cheap! Companies spend a great deal on implementation, administration and payouts. Why do they bother? Because the potential return on the investment is ginormous! Loyal customers are a precious commodity. Consider this: It costs 7 to 10 times more to recruit a new customer than it takes to keep an existing one. What's more, loyal customers tend to buy other products and services from that same company.

Source: Omega Management Group Corp.

To find out which rewards credit card is best for you, go to *womansday.com/rewards*

a woman's day in...
Portland, Maine



Sarah Moran having fun with her kids John, 9, Isabelle, 6, and Caitriona, 10.

Many New England cities are known for their quaint charm, but if you're also looking for a food-lover's paradise, Portland is the place. "We were named the 'foodiest' small town in America!" says Sarah Moran, 43, a married mom of three. There's more to this town than tons of eateries (and lobster!), however. "Our parks, beaches and lighthouses are beautiful," says Sarah. "And you can walk or bike everywhere." Check out a few of her favorite places.



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1. FAVORITE MUST-SEE

Old Port "It's one of the older parts of the city, right on the water. It's full of shops, restaurants and ferries, and all the red-brick buildings and cobblestone roads lend it that quaint old New England feeling."

2. BEST WAY TO ACT LIKE A LOCAL

Lucky Catch *(luckycatch.com)* "If you've never been on a lobster boat before, you have to try this. You actually go lobstering. My 9-year-old, John, did it when one of his friends held his birthday party on a Lucky Catch boat. John had never pulled up lobster cages before, so he had a blast. He said it was 'sweet!'"

3. BEST DOUGHNUTS

Tony's Donut Shop "The storefront is nothing special to look at, but the hand-cut doughnuts are amazing! They're made fresh every day and are so moist and delicious. I like the molasses glazed and my kids are crazy about the chocolate ones."

4. BEST DATE-NIGHT SPOT

555 *(fivefifty-five.com)* "With dishes like crab risotto and truffled lobster mac and cheese, you won't be disappointed by the food. I love their cheese plate offerings: delicious selections from Switzerland, France, Spain and right here in New England. The decor, the lighting, the vibe—everything about this restaurant says romance."

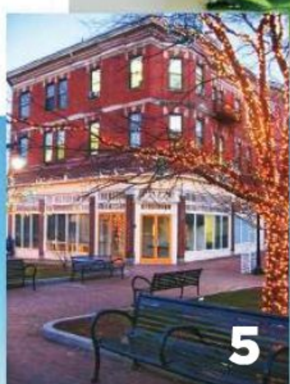
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CLOCKWISE FROM TOP: COURTESY OF SARAH MORAN; SHUTTERSTOCK; COURTESY OF LUCKY CATCH; COURTESY OF GREATER PORTLAND CONVENTION & VISITORS BUREAU.

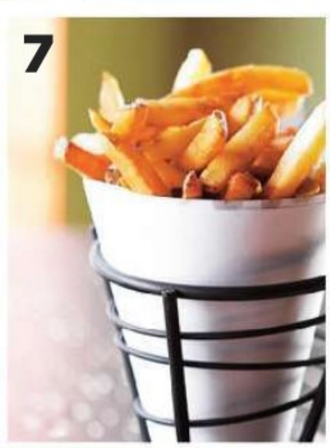


ICE CREAM
Nestlé
The Original Sundae Cone
DRUMSTICK
My dad thought it was the perfect summer afternoon for a nap, but I thought it was the perfect time for a water fight! I surprised him with the hose, and just like that, our battle had begun. We chased each other around the yard until he gave in and said that I was the new King of the Back Yard.
FOREVER SUMMER™
DRUMSTICK
Lil' Drums
10
The Lil' cone with a big nutty, crunchy, chocolatey taste.
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5. BEST PLACE FOR LIVE MUSIC

One Longfellow Square *(onelongfellowsquare.com)* "It's very small and intimate, holding maybe 200 people tops. My husband, Adrian, and I went with friends to see Shawn Colvin and we sat about five feet away from her! Lots of local musicians play here too, and you can hear everything from jazz to bluegrass. It's very eclectic. Best of all, you don't have to spend a lot. Tickets are typically $10 to $30 at the door."

6. MOST RELAXING SPOT

Mackworth Island "Just three miles away in the town of Falmouth is this tiny island, connected to the mainland by a causeway. You'll discover lots of fairy houses scattered around. Kids build them with twigs, leaves and anything else they find, and leave them all over the island for others to see. What makes this spot really special, though, is the fact that it offers both a woodsy feeling and beautiful views of Casco Bay. It's so nice to walk along the trails here and clear your head."

7. BEST PLACE TO GET COMFORT FOOD

Duckfat *(duckfat.com)* "This hole in the wall is known for its Belgian fries. They're salty, delicious and come with dipping sauces like truffle ketchup, curry mayo and duck gravy. You can also get all kinds of panini, from meat loaf to duck confit."

8. BEST SPORTS VENUE

Hadlock Field *(seadogs.com)* "This minor-league baseball stadium is a great place to see the Portland Sea Dogs (the Double A team for the Boston Red Sox). And you never know who might show up. In 2008, when Red Sox designated hitter David Ortiz was injured, he came up and played with the Sea Dogs as part of his rehabilitation. It was a *huge* deal to have him here. Everyone was clamoring for tickets."

9. MOST FUN ACTIVITY

Casco Bay Lines Ferry *(cascobaylines.com)* "For less than $15 you can take a 3-hour ferry ride around Casco Bay. Or make a day of it and take the ferry to nearby Peaks Island, get some ice cream, go bike riding, hit the beach, then take the ferry back."

10. BEST ART EXPERIENCE

First Friday Art Walk *(firstfridayartwalk.com)* "On the first Friday of every month, from 5 to 8 P.M., participating galleries and museums open their doors for free, self-guided tours. You can roam from one venue to the next to see a wonderful mix of paintings, sculptures, photography and more, much of it by local artists. Some places serve wine, so you can enjoy a glass as you check out the exhibits. Residents make it a point to take part; it's a great community event." **wd**

Interview by Angela Ebron

Where to stay? Go to **womansday.com/portlandme** for suggestions.

FROM TOP: COURTESY OF 555; COURTESY OF ONE LONGFELLOW SQUARE; COURTESY OF DEB COLLINS/GREATER PORTLAND CONVENTION & VISITORS BUREAU; COURTESY OF DUCKFAT; COURTESY OF THE PORTLAND SEA DOGS.


DOGGIE DENTURES
Because brushing is just too hard.
Or, there's DENTASTIX.
The treat that's clinically proven to reduce up to 80% of tartar buildup.
Dogsrule.com
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Pedigree
DENTASTIX
DAILY ORAL CARE
10 TREATS


FEAR OF
BEING HURT
You're tough. But your underarms are tender. So get protection and comfort with dermatologist tested Secret Clinical Strength Sensitive Skin. It's prescription strength wetness protection even for women with sensitive skin.
SECRET
CLINICAL
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hypoallergenic
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APPLY DAILY
Secret®
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well styled

PAPER PARTY!

Create a festive vibe for your next outdoor event with stylish disposable dinnerware—you'll have more fun if you don't have to sweat the cleanup. On the Fourth of July, try placemats and napkins in bold geometrics for a new spin on red, white and blue. Use dessert as a centerpiece by filling clear vases with berries (even the whipped cream can is part of the setting when wrapped in red paper!). Read on for more ideas.



JONNY VALIANT; PROP STYLING BY MATTHEW GLEASON.

SHOPPER'S GUIDE, PAGE 150



ECO-MODERN

Try tableware made from bamboo or sugar-cane fiber for a new take on earth-friendly style. To create the runner, trace a large leaf—a fake one will do—onto heavyweight vellum paper. Cut it out with a craft knife, then use a small roller and paint to transfer the pattern onto brown kraft paper. Potted plants on the table add a finishing touch. Bonus: Almost everything is compostable, so your party can help your garden grow!


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• INTRODUCING •
PIZZA & BREADSTICKS.
LIKE ORDERING OUT
WITHOUT ORDERING AT ALL.
New!
DiGIORNO
PIZZA & BREADSTICKS
HAND TOSSED STYLE CRUST
A DELICIOUS FULL SIZE PIZZA WITH A HAND-TOSSED STYLE CRUST,
AND A FULL ORDER OF EIGHT GARLIC AND HERB BREADSTICKS.
TASTE. BELIEVE. IT'S NOT DELIVERY. IT'S DiGIORNO®



GARDEN PARTY

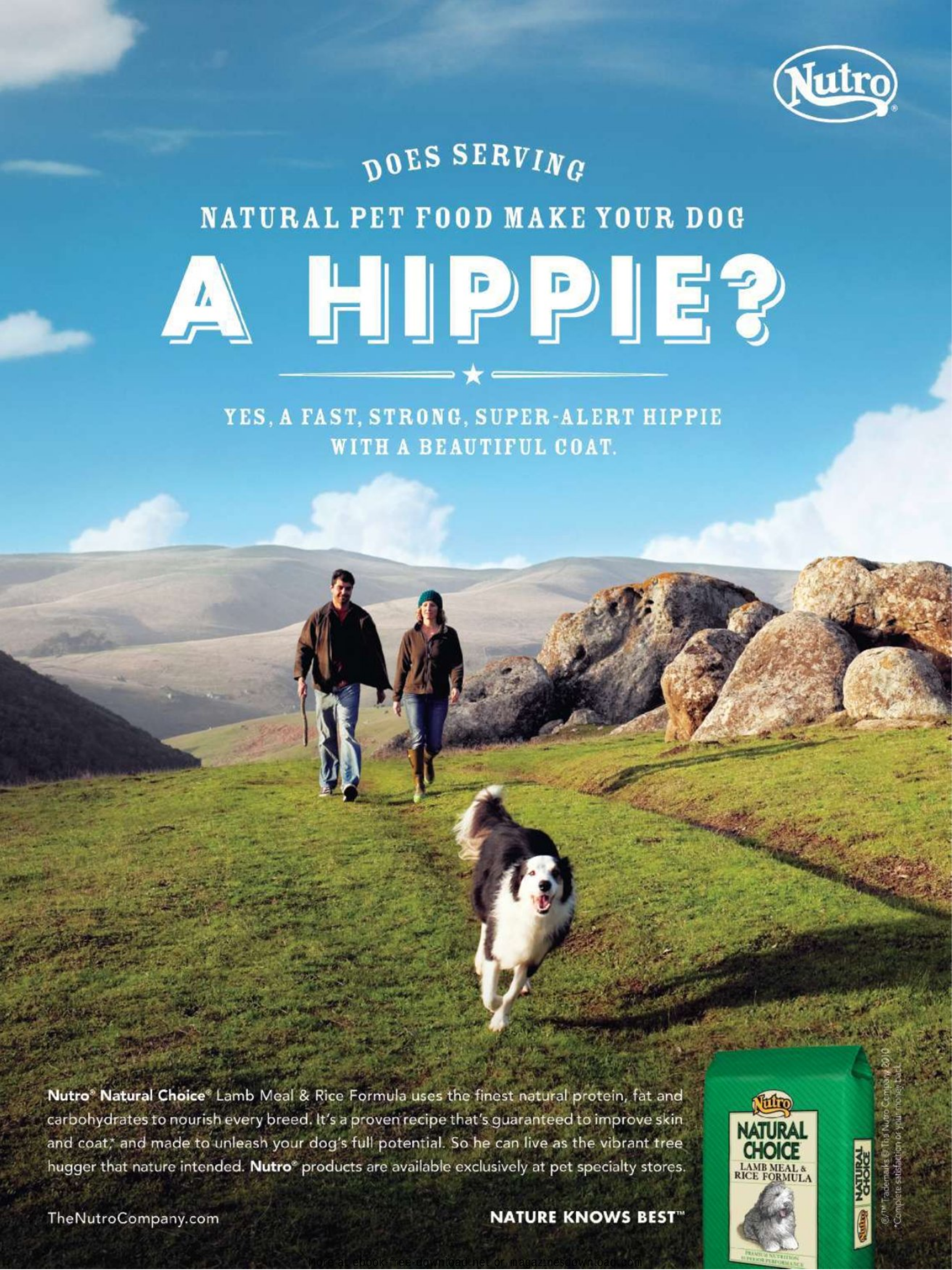
Go ahead, be girly: Layer toile paper plates on a runner of wrapping paper for a bridal shower or tea party. Silver-look utensils and stemmed plastic glasses add a dressy feel, and a limited palette keeps the look from being over-the-top. Make an origami crane (see **womansday.com/crane** to learn how), then perch it in a birdcage spray-painted white. (Hang it from a tree limb as you paint to get into nooks and crannies.)


VOTED PRODUCT OF THE YEAR
Consumer Survey of Product Innovation 2010
VOTED #1
OVER 60,000 CONSUMERS VOTED TIDE STAIN RELEASE
2010 LAUNDRY PRODUCT OF THE YEAR
ULTRA CONCENTRATED
Tide
stain release
in-wash booster
Stains Out. No Doubt.
TIDE® STAIN RELEASE™ IS AN ADVANCED IN-WASH BOOSTER THAT WORKS WITH YOUR DETERGENT TO REMOVE TOUGH STAINS, WHITEN WHITES AND BRIGHTEN COLORS.
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KID TOWN

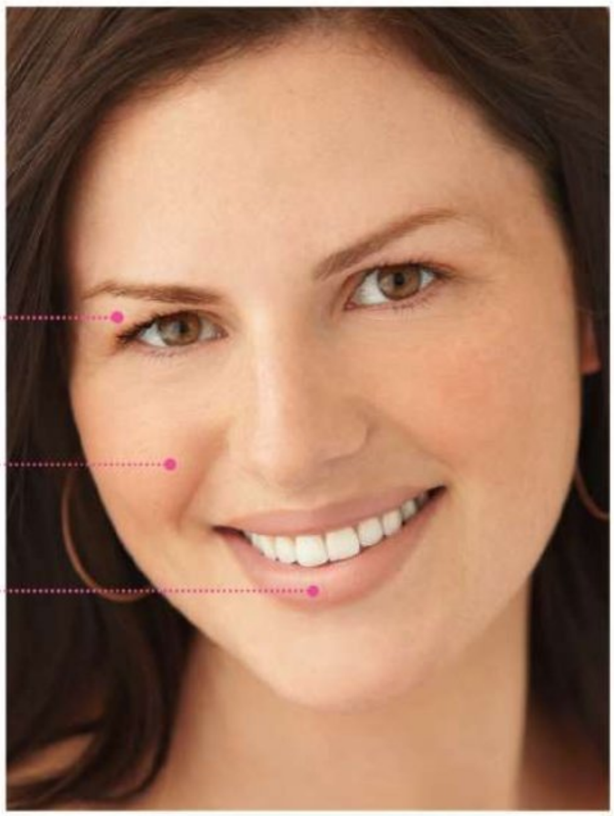
You'll have no trouble getting kids in their seats when the table's a playground. Cover the surface with a length of white kraft paper, secured at the corners with colorful tape, to create a canvas. Set it with punchy plates, then use markers to draw a lane down the center and a "cul-de-sac" around each plate. Coat pint-size cartons—rinsed and dried—with chalkboard paint, and include chalk with every place setting.


Nutro
DOES SERVING
NATURAL PET FOOD MAKE YOUR DOG
A HIPPIE?
YES, A FAST, STRONG, SUPER-ALERT HIPPIE
WITH A BEAUTIFUL COAT.
Nutro® Natural Choice® Lamb Meal & Rice Formula uses the finest natural protein, fat and carbohydrates to nourish every breed. It's a proven recipe that's guaranteed to improve skin and coat,* and made to unleash your dog's full potential. So he can live as the vibrant tree hugger that nature intended. Nutro® products are available exclusively at pet specialty stores.
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LAMB MEAL & RICE FORMULA
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*Complete satisfaction or your money back.

FACE **VALUE**

Check out these makeup multitaskers—they'll protect your skin from the sun, help you fight aging and so much more

You can achieve this pretty summer look by applying just two products—we swear!





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1. Create a sun-kissed glow with Stila's new One Step Primecolor in Bronze Babe. It acts as your primer (which creates a barrier over your skin to keep the color lasting longer), cheek color, eyeshadow and matte lip stain. It's also formulated with 15 ionically charged minerals, which hydrate skin and reduce the appearance of fine lines. ($22; **stilacosmetics.com**)

2. No look is complete without a coat of mascara. Apply a waterproof one to help stand up to summer's biggest culprits: heat and humidity. We like Topshop's Waterproof Mascara in Raven. ($14; **topshop.com**)

complexion perfection

The newest foundations will smooth out your skin tone better than ever.

3. More time outdoors leaves your skin vulnerable to the sun. Try Physicians Formula Healthy Wear SPF 50 Powder Foundation. It provides UVA and UVB protection, and has licorice extract to brighten skin and minimize the look of sun spots. ($14.95; at drugstores)

4. The micro-corrector applicator on Maybelline New York Instant Age Rewind Eraser Treatment Makeup SPF 18 helps spot-treat imperfections. Plus, the goji berry– and collagen-enriched formula will help tighten up aging skin. ($9.99; at drugstores)

5. Not just for teenagers: Clinique Acne Solutions Liquid Makeup helps calm stress- or hormone-induced flare-ups. It's formulated with salicylic acid to exfoliate skin and caffeine to reduce redness. ($24.50; **clinique.com**) ▶



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KEITH LATHROP; HAIR & MAKEUP BY NIKKI WANG. STILLS: TODD HUFFMAN.


PURE SILK®
Moisturizing Shave Cream
Shaving with soap and water won't get you this soft or this smooth. Enjoy soothing aloe and emollients to help prevent nicks and cuts. And magnificent moisturizers for legs that look and feel like pure silk!
new rust-proof aluminum can!
PURE SILK
MOISTURIZING
Shave Cream
Melon Splash
Raspberry Mist
Citrus Zest
Barbasol
For legs like Pure Silk.
NEW!
Aluminum cans — rust-proof & easy to recycle!



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eye-opening

Say goodbye to tired eyes and fine lines in just one swipe.

6. Protect your delicate eye area from the harmful rays of the sun and lighten the appearance of dark circles with Neutrogena Healthy Skin Brightening Eye Perfector SPF 25. ($13.99; **drugstore.com**)

7. A lightweight, antiaging eye cream fills the center of Philosophy's Eye Hope Anti-Aging Concealer. Available in five shades, it brightens while smoothing and firming the undereye area, thanks to the mixture of peptides and antioxidants. ($28; **philosophy.com**)

brighten up

Instantly create radiant, youthful-looking skin.

8. Lighter than bronzer: Revlon's Age Defying Spa Face Illuminator with SPF 18 in Pink Light. Apply it across your forehead, down the bridge of your nose and along your cheekbones to highlight skin and keep it protected from the sun. ($13.99; at drugstores)

9. Dab Elizabeth Arden Ceramide Cream Blush in Pink onto the apples of your cheeks. The ceramides improve skin's texture and strength, and vitamins A, C and E add moisture. ($24; **elizabetharden.com**)

visual effects

Upgrade your makeup bag with these two-timers.

10. Give your lashes a dose of TLC with Wet n Wild Mega Protein Mascara. The soy- and wheat protein–enriched formula conditions lashes, helps make them thicker and guards against breakage. You'll have healthier, fuller lashes in no time. ($1.99; at drugstores)

11. One-stop eyes! The darker side of Soap & Glory's Arch De Triumph Brow Shaper and Highlighter fills in and defines sparse brows, while the lighter side helps wake up tired-looking eyes. ($9.99; **target.com**) **wd**

EVERYDAY confidence

A SERIES

Linda: A Fabulously Real *Woman's Day* Reader

I remember being a little girl and always picking flowers everywhere I went: the pansies in my neighbor's flower pots, the dandelions in the schoolyard, even my mom's prized roses. I would pick and arrange them in—what *I* thought—were the most exquisite bouquets and present them to my friends and relatives with such flair. So, I promised myself that when I got older, I would have a beautiful garden of my own.

And I do! Now that my kids have moved out, I am content to spend my time there, but I've always felt that the garden itself was not enough to share with friends and family. So, I turned my passion for flowers into a dream job of being a master florist and having my own shop. I now continue to share the joy I get from these gloriously brilliant florals with everyone else in my life.

My belief in giving first is extremely important to how I strive to live my life to its fullest. Being able to use my passion in order to create gifts that help brighten the lives of my customers and their loved ones is what motivates and inspires me. They are the ones that give me the confidence to know that what I do is more than just being a florist. It's being able to share joy, sorrow, strength and courage in the lives of the people around me—customers who have not only become friends, but family. And this truly is my dream come true.



***Woman's Day* and the Ban® Brand Team are proud partners with Dress for Success**, an organization that instills the confidence women need to be their best. And this summer, the Ban® Brand Team will help open the door for a lucky Dress For Success woman to experience an exciting summer mentorship at *Woman's Day*!

Visit **dressforsuccess.org** to learn more, donate your time, and inspire another fabulous woman just like you.

ENTER NOW!*

Snap the Tag above or go to **WomansDay.com/Interactive** to enter for your chance to win a $500 gift card to a local nursery to create your own fabulous garden. *Woman's Day* and the Ban® Brand Team think it could be your turn to come up roses!

Ban® deodorants are the effortless, easy choice for the confident you. You get excellent 24-hour odor and wetness protection in the invisible solid, roll-on or clear gel antiperspirant and deodorant forms, that keeps you fresh and cool with all your daily activities. Don't Sweat the Small Stuff™.



DRESS FOR SUCCESS®

Read more about Linda at WomansDay.com/EverydayConfidence and look for interview #4 with another Fabulously Real *Woman's Day* Reader in the August issue.

*NO PURCHASE NECESSARY. VOID WHERE PROHIBITED. For rules and more details, and to enter online, visit www.WomansDay.com/Interactive from June 8, 2010, through July 5, 2010.



Confidence

It's knowing you have what it takes to conquer each day, especially in the summer. *Woman's Day* knows that confidence is what gives you that boost—that little something extra—to do all you do, from driving carpool to being a leader in the boardroom to knowing you look darn good in a bikini. After all, nothing's more intriguing than a confident woman.

Be your most confident self this summer with some of these tips:

1. Organize your beach bag and take only the necessities: sunblock, reading materials, towel, water, mp3 player. Simplifying the junk in your bag can literally take a load off your shoulders.

2. Get in shape for the season and make the most of your time at the gym. Whether it's 20 minutes or an hour, just stick to it and remember this is *your* time. Or take the gym outside and walk around town!

3. Smile! Keeping a smile on your face brightens up your entire presence and keeps others wanting to know what is making you smile. Plus it makes your faux tan look even better!

4. Be clean and fresh with **Summer's Eve® Feminine Wash** each morning and **Summer's Eve® Feminine Cleansing Cloths** throughout the day.



How do you boost your confidence?

Do you thrive on girlfriend getaways? Do you get your strength from being a mom? Or do you just love standing tall and proud in your high heels? Join the conversation at **facebook.com/womansdaymagazine**!

summer's eve® **summerseve.com**


"MAN UP."
WHAT A QUAINT IDEA.
You begin the day fearless and end it unshaken. And helping you along is Summer's Eve Feminine Wash. True, it may not be the source of your strength, but it cleans your body so you can focus your mind. Gynecologist tested, pH balanced and hypoallergenic, it's a healthy splash of giddy-up every single morning.
summer's eve Feminine Wash
Visit summerseve.com for more ideas on feeling your best.
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FIRST MATE
A striped three-quarter-sleeve top is perfect for cool summer days. Pair it with flat-front, tailored sailor shorts, which flatter every figure, and chunky accessories.
Get the look
Top, Lands' End ($39.50; **landsend.com**). Necklace ($42) and bracelets ($18), Yochi (call 212-947-7826). Flip-flops, L.L. Bean ($44.95; **llbean.com**).

ship shape

Your go-to summer classic? Red, white and blue, of course!

PHOTOGRAPHS BY KEITH LATHROP

HAIR & MAKEUP BY NIKKI WANG; STYLING BY DONNA DUARTE-LADD. STILLS BY ALISON GOOTEE; ON-SET STYLING BY DONA MANDEL.



SET SAIL

Not crazy about your arms? Try wearing a super-lightweight denim blazer. We love it paired with fiery-red capri pants and wedge sandals.

Get the look

1. Jacket, Tulle ($63; **tulle4us.com**)
2. T-shirt, Gap ($18; **gap.com**)
3. Pants, Attention ($20; **kmart.com**)
4. Sandals, L.L.Bean ($69; **llbean.com**)
5. Scarf, Forever21 ($8.50; at Forever21 stores)

GOING ASHORE

Hot days call for a cool cotton dress. This one is loose through the waist for a comfy fit. Wear it as a coverup or slip on some accessories to get it party-ready.

Get the look

6. Dress, Faded Glory ($7; at Walmart)
7. Flats, Old Navy ($20; **oldnavy.com**)
8. Sunglasses, T.J.Maxx ($10; **tjmaxx.com**)
9. Straw Into Gold Bag ($40; **lulus.com**)
10. Necklace, Brooklyn Maze ($32; **etsy.com**)

DECKED OUT

A khaki dress is a blank canvas—dress it up or down. Add a pop of color with red striped peep-toe sandals and a nautical-inspired necklace.

Get the look

11. Dress, Esprit ($119.50; **esprit.com**)
12. Wedges, TOMS ($69; **toms.com**)
13. Anchor bag, Olive & Bette's ($48; **oliveandbettes.com**)
14. Necklace, MixIt ($20; **jcpenney.com**)

ANCHORS AWEIGH

This super-soft T-shirt will skim past your curves, and the drawstring trouser jeans provide a slimming silhouette.

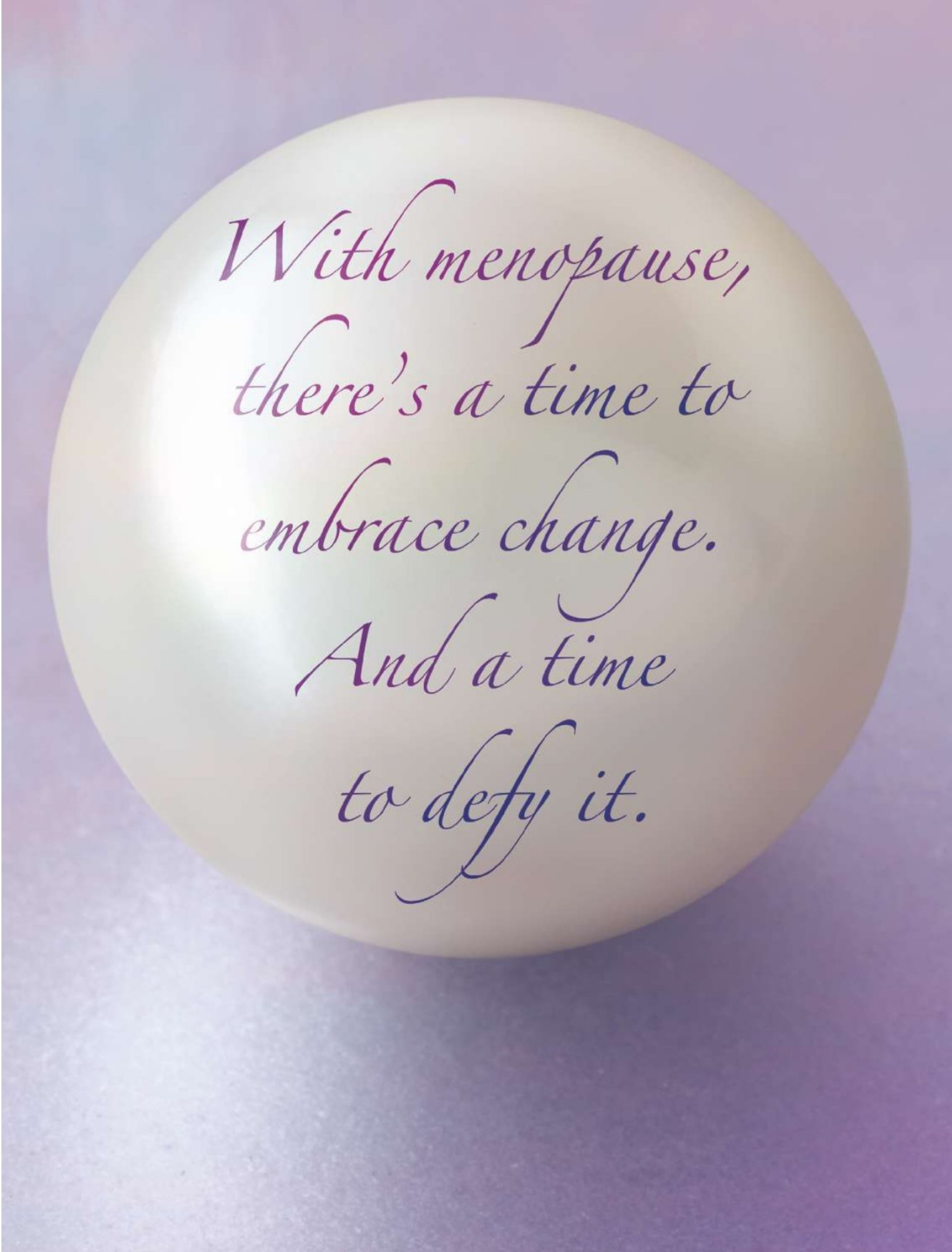
Get the look

15. Jeans, Old Navy ($34.50; **oldnavy.com**)
16. Shoes, Sperry Top-Sider ($85; **sperrytopsider.com**)
17. Hat, Aéropostale ($19.50; **aeropostale.com**)

18. ANCHOR TEE

Be one of six people to win this versatile shirt (worth $46) from The Public Library. Snap on icon below!

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.


With menopause,
there's a time to
embrace change.
And a time
to defy it.

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever— just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
  Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. ***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.***

PAY NO MORE THAN $15 FOR YOUR PRESCRIPTION* BY VISITING PREMARINVAGINALCREAM.COM

Ask your healthcare provider



HELP RELIEVE AND RESTORE WHAT'S YOURS.

*Applies only to insured patients; cash-paying patients subject to a different discount rate. Certain other restrictions may apply. For more information on these restrictions, visit PREMARINVAGINALCREAM.COM. 265628-01

PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
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What is PREMARIN Vaginal Cream?
PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?
PREMARIN Vaginal Cream is used after menopause to:
- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?
Do not start using PREMARIN Vaginal Cream if you:
- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
  Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
  See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:
- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems**. Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest**. You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding**. The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?
PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.
- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. *Gently* squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?
PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:
- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:
- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting
- Yellowing of the skin, eyes, or nail beds

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:
- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?
- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream
Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream
PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α-dihydroequilin, 17 α-estradiol, and 17 β-dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

265628-01

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**data on file*





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be well

PUMP IT UP

Strength training has major health benefits, including helping to prevent osteoporosis, easing stress and boosting your metabolism. It can even make you look thinner: "A pound of muscle is about the size of a baseball, and a pound of fat is as big as a softball," says Polly de Mille, a clinical exercise physiologist at the Hospital for Special Surgery in New York. Translation: You'll increase muscle mass and look smaller even if the scale doesn't change. Aim for 15 to 20 minutes twice a week.

KATE SEARS; PROP STYLING BY PAUL LOWE.

by Abigail L. Cuffey



JUNK FOOD = DRUGS?

If you've ever thought "I'm addicted to this stuff" after eating candy, potato chips, doughnuts or other junk food, you may be on to something. Researchers from the Scripps Research Institute in Florida fed rats cake, candy bars and other empty-calorie delights, then exposed the rats to light (a sign of danger) to see if they would stop eating the treats. They didn't, possibly because eating the junk food may have activated pleasure centers in the rats' brains much as an addictive drug would. It isn't yet clear if the study, recently published in the journal *Nature Neuroscience,* will translate to humans, but the scientists believe that highly processed junk foods may disrupt hunger and satisfaction signals in the brain and cause people to keep seeking them out—even though we know that they have few nutrients and eating too much of them can cause weight gain.

[I DID IT!]

"I LOST OVER 100 POUNDS!"

"I have 12 kids—and I've homeschooled all of them—so finding time for myself isn't easy. I started doing the T-Tapp workout DVDs [**t-tapp.com**] a few times a week whenever I could squeeze it in. (Some workouts are just 15 minutes.) The technique emphasizes strength- and aerobic-training moves that work multiple muscles at a time. I also started learning to eat only when I'm truly hungry and stop when I'm full. My original goal was to be a size 14 (I started out at size 22), but after a year and a half I was able to wear a size 6!" *Charlotte Siems, age 50, Oklahoma*



before



after

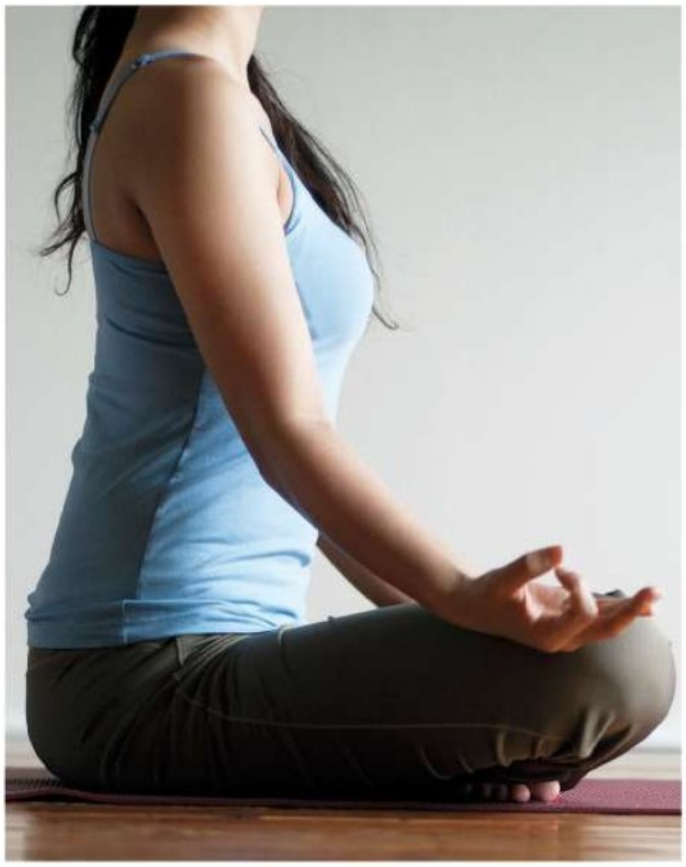
SLASH THE SALT

If everyone ate 9.5 percent less sodium each year, about 530,000 fewer people would suffer heart attacks, says a recent study in the *Annals of Internal Medicine*. Most Americans are getting 4,000 mg (about 2 tsp) of sodium daily—way too much!—so a good goal is to cut 400 mg each day. You can do that by swapping a regular frozen dinner for one that's "light in sodium" or choosing low-sodium chicken broth instead of regular.

To eat the ideal amount of salt daily (no more than 2,300 mg) you may have to tweak your diet even more. Seventy-five percent of the sodium we get comes from packaged and processed foods, so avoiding them as much as possible (and focusing on eating vegetables, fruits and other whole foods) is the best way to cut back.

TOP: SHUTTERSTOCK





EASY WAYS TO KEEP YOUR BRAIN SHARP

Research shows there's lots you can do to avoid those "senior moments." Some techniques worth trying:

CHILL OUT. The brain remembers better when it's relaxed, say researchers at the California Institute of Technology. Take a few minutes each day to breathe deeply or meditate.

FOCUS ON THE FUTURE. People who regularly made plans and looked forward to upcoming events had a 50 percent reduced risk of Alzheimer's, according to a recent study. Don't worry if your calendar isn't overflowing with life-changing events: Setting a goal to have a weekly coffee date with a friend (and keeping it) will do.

GO FOR A WALK. Mildly elevated glucose levels (even if you don't have diabetes) can harm the area of the brain that helps you form memories, say Columbia University researchers. Experts agree that physical activity can help get blood glucose down to normal.

GETTY









SNACK ON BERRIES. Blueberries have compounds called anthocyanins that help communication between brain cells and appear to improve memory, says Robert Krikorian, PhD, professor of psychiatry and behavioral neuroscience at the University of Cincinnati.

LEARN SOMETHING NEW. Take a Spanish class online, join a knitting club or learn to play poker. A UC Irvine study found that mental stimulation limits the debilitating effects of aging on memory and the mind.

STROKE SURGE

It's not just the elderly who need to worry about having a stroke. In fact, the number of people having strokes between the ages of 20 and 45 has increased from 4.5 percent to 7.3 percent over the past decade. Experts think this uptick is probably linked to climbing rates of obesity and diabetes, but anyone can be affected. Recognizing a stroke can be hard, so use this **FAST** trick from the National Stroke Association if someone starts to show any symptoms such as sudden confusion, dizziness or weakness on one side of the body:

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask her to raise both arms. Does one arm drift downward?

SPEECH: Ask her to repeat a simple sentence. Can she not do it accurately? Are the words slurred?

TIME: If she has any of these symptoms, call 911 or get to the hospital ASAP. Quick, timely treatment minimizes damage.



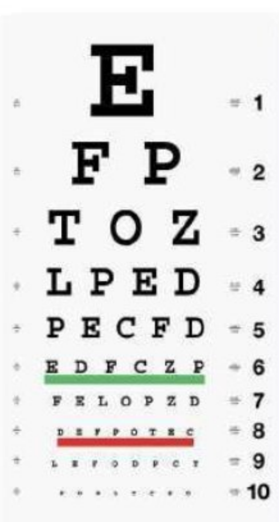
WIN A VIRTUAL TRAINER

Six readers will win a FitOrbit Starter Plan (worth $80) from *fitorbit.com*. You'll get four weeks of online personal training and nutrition advice. Includes a tote bag, T-shirt and a book by founder Jake Steinfeld.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.

DID YOU KNOW?

More women than men will develop age-related eye problems like macular degeneration and glaucoma, according to the National Eye Institute (NEI). Starting at age 40, consider getting a baseline check, since that's when the risk of many of these diseases starts increasing. (If you have a family history of eye disease or are beginning to notice vision changes, start younger.) Everyone should get checked annually starting at age 50, according to the NEI. Find an ophthalmologist in your area at **aao.org/find_eyemd.cfm**





5 foods that fight inflammation

Research has linked inflammation to an increased risk of just about everything, including heart disease, diabetes, even cancer. Inflammation happens when anything—an infection or even being overweight, stressed-out or sleep-deprived—irritates your body. Fortunately, you can help protect yourself against the damage by eating a variety of plant-based foods every day. Some of the best to include:

1. **Tart cherries** They're rich in anti-inflammatory substances like quercetin and anthocyanins. The darker, the better.
2. **Onions** Another great source of quercetin, onions also have sulfur compounds that may help reduce cholesterol, blood pressure and cancer risk.
3. **Cabbage** Cruciferous veggies (like cabbage) contain sulforaphane, which can fight off bacteria and keep inflammation-related diseases (including cancer) at bay.
4. **Artichokes** They rank among the top 10 foods for antioxidant power. Research suggests that they may have anticancer, antiaging, immunity-boosting and cholesterol-lowering abilities.
5. **Pistachios** They have more plant sterols (which help improve cholesterol) than any other tree nuts, plus they also contain a ton of antioxidants (resveratrol, lutein and quercetin) that help fight free-radical damage in your arteries, eyes and throughout your body. *Jackie Newgent, RD*

a healthy APP-TITUDE

Go beyond talking and texting: Use these iPhone apps (from the iTunes store) to get—and stay—healthy.

Tap & Track ($3.99) Just enter everything you're eating and it'll keep tabs on how many calories you have left before you reach your daily limit.

uHear (free) This hearing test lets you know whether a real-life exam from an ear doctor is in order.

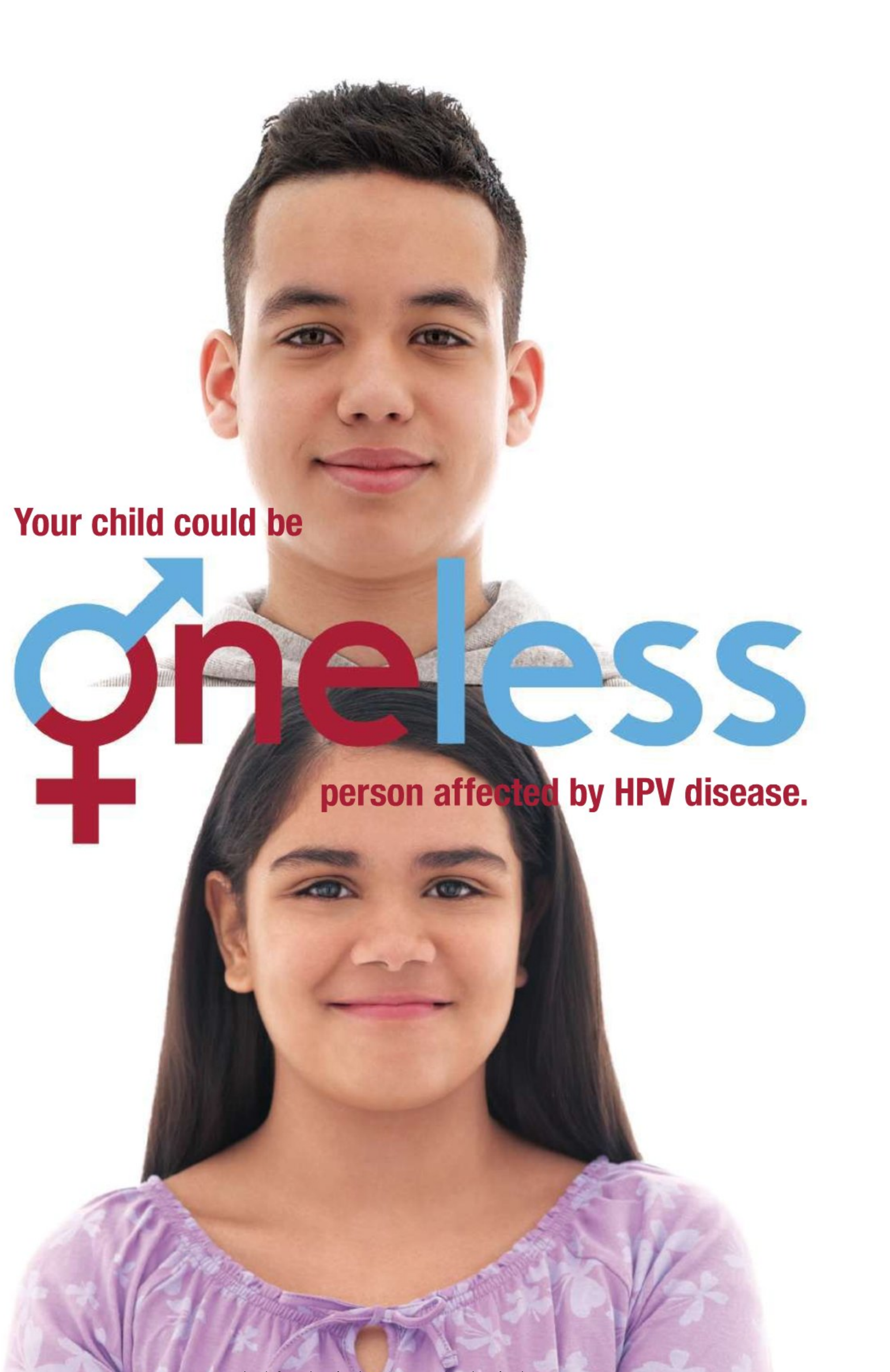
MyDrsOrders ($8.99) Use it to record and file every conversation you have with a doctor (or pharmacist or nurse). Genius for anyone who sees a lot of doctors or takes many different medications.

Morsel (free) You'll get one clever, easy-to-do tip (and how it helps) daily, like "Stretch your arms out and circle them 10 times" (to relieve stress and muscle tension). Bonus: This app also works on some smartphones.

AuthenticYoga ($3.99) Expert Tara Stiles guides you through a series of poses and routines for any skill level. Teachings from spiritual guru Deepak Chopra are mixed in.

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Your child could be
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9883612

USPPI
Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

[1]Registered trademark of MERCK & CO., Inc. Whitehouse Station, NJ 08889, USA

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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21002221(9)(612)-GRD-CON

by Barbara Brody



4 WAYS saying "I Do" helps your health

Sure, marriage is hard work, but if yours is a happy one most of the time, both you and your spouse will reap major health benefits. "People who are married can have a built-in support system and social network. One of you might encourage the other to eat better or join in a workout, or nag until the other stops smoking," explains Alice Domar, PhD, coauthor of *Live a Little!* Married folks are less likely to...

...develop diabetes. Women with higher-than-normal blood glucose readings were more apt to end up with full-blown diabetes if they lived alone rather than with a partner, says research published in the journal *Diabetes Care.*

...have hypertension. Researchers from Brigham Young University found that happily married people had the healthiest blood pressure levels. The catch: *Un*happy couples had the worst readings. "I have counseled some patients to get divorced," says Dr. Domar. "A bad marriage is worse for you than being single."

...smoke or drink too much—compared with people who never married, are divorced or are widowed, according to the Centers for Disease Control and Prevention.

...die prematurely. People who never married are 58 percent more likely to die early, according to a study in the *Journal of Epidemiology and Community Health.*

nanny 911

If you need a nanny, babysitter, petsitter or eldercare aide but don't know where to start, check out **care.com** or **sittercity.com**. Type in your zip code, choose the type of help you need, and get instant access to profiles of caregivers available in your area. Browsing is free on both sites. $30/month or $120/year gives you access to contact info and background-check files at care.com; sittercity.com charges $10/month plus a one-time $40 fee or $120/year.

q+a

Are teenage girls safer drivers than teenage boys?

"Not necessarily. Although girls are generally considered more responsible—which I think is still true much of the time—there's evidence that they're doing some risky things behind the wheel. In a recent Allstate Foundation study, 25 percent of teen girls admitted to frequently texting or e-mailing while driving, compared with 15 percent of boys. I suspect that's because girls tend to be more relationship-focused, so they're more apt to succumb to 'ring' or 'ping'



pressure and respond, no matter what else they may be doing.

Girls (and boys and *anyone* who is driving) need to realize that you can't safely operate two machines at once, especially when one (the automobile) can be deadly. Yes, parents should talk to their kids about the dangers, but I think it's even more important to set an example. We need to change our own behavior even as we urge them to do the same."

Judy Schaechter, MD, director of the Injury Free Coalition for Kids

GETTY (2)

build a better salad

Done right, it's a super-healthy meal option. Done wrong, it can pack more calories than a double bacon cheeseburger. Here's what to watch out for by Joy Bauer, RD

Salad is the perfect summertime meal: There's no need to stand over a hot stove, and you can take advantage of all the delicious, brightly colored vegetables that are in season right now. Having a salad as an entrée can also satisfy all your daily vegetable requirements—and more—in one sitting. Best of all, salads can be a filling, low-cal option…but only if you follow a few rules.

start with a strong base If you haven't already, ditch that anemic-looking iceberg lettuce. Instead, try the fabulous (and far more nutritious) greens available at local farmers' markets, produce stands and many supermarkets. My favorite is mesclun, or spring mix, which includes frisée, oakleaf, red chard and radicchio. I also love baby spinach and arugula, which tastes kind of like a peppery spinach. Even romaine lettuce is far more tasty and nutrient-rich than iceberg.

load on the veggies

As with greens, the sky's the limit. Choose a variety of colors and keep them raw or lightly steamed (overcooked vegetables taste bland in salads). Brightly colored veggies also have major health benefits: The rich red in bell peppers, bright orange in carrots and deep green in broccoli are courtesy of phytochemicals, natural plant chemicals that have been shown to reduce the risk of heart disease and macular degeneration, among many other conditions. The best-known phytochemical is beta-carotene, which is found in orange, yellow, red and even some green vegetables. Others include flavonoids (broccoli, onions, celery) and chlorophyll (green beans and sugar snap peas).

don't forget the protein

This is what makes your salad a meal. Choose lean sources of animal protein, such as skinless chicken or turkey, canned or fresh salmon, chunk light tuna (it has less mercury than white albacore), hard-boiled eggs or egg whites, and sirloin steak or other lean meat. Vegetarian options include tofu, chickpeas, kidney beans, pinto beans and other legumes (canned is fine; just rinse and drain). Choose one (or two if you're extra-hungry) of the following:

protein

- Chicken breast, skinless, 3 oz: 20 g protein, 100 cal
- Turkey breast, skinless, 3 oz: 26 g protein, 115 cal
- Salmon, grilled, 3 oz: 19 g protein, 175 cal
- Whole egg, 2: 13 g protein, 160 cal (have no more than six egg yolks per week)
- Egg whites, 4: 14 g protein, 65 cal
- Chunk light tuna, water-packed, ▶

ANTONIS ACHILLEOS; PROP STYLING BY LOREN SIMONS.


1 tsp
1 tbs

3 oz: 22 g protein, 100 cal
- Sirloin steak, broiled, lean only, 3 oz: 26 g protein, 160 cal
- Tofu, ½ cup cubes: 20 g protein, 180 cal
- Chickpeas, ¾ cup: 11 g protein, 200 cal (and 9 g fiber)

add tasty extras

I know you think I forgot cheese in the protein category, but in the salad world, I consider cheese an "extra." Extras are more caloric than greens, veggies or protein, so use them sparingly. That shouldn't be an issue, though, because a little goes a long way. Choose one, or smaller portions of two, of the following:

cheese
- Cheddar, shredded, 2 Tbsp: 55 cal
- Parmesan, grated, 2 Tbsp: 45 cal
- Feta, crumbled, 2 Tbsp: 50 cal

nuts
- Walnuts, chopped, 1 Tbsp: 50 cal
- Almonds, sliced, 2 Tbsp: 65 cal

seeds (kernels only)
- Sunflower, 1 Tbsp: 45 cal
- Pumpkin, 1 Tbsp: 45 cal

other add-ins
- Avocado, 1 oz: 45 cal
- Croutons, ¼ cup: 45 cal
- Olives, canned in water, 10 small: 40 cal
- Raisins or dried cranberries, 2 Tbsp: 55 cal

dress it up

This is where an otherwise healthy salad can go all wrong. Many restaurants will top salads with 3 to 6 Tbsp worth, which can add up to 500 calories! Order dressing on the side and limit it to about 1½ Tbsp for an entrée salad and 1 Tbsp for a side salad.

If you buy bottled dressings, look for lowfat rather than fat-free ones. A little fat is good, because it helps your body absorb the beta-carotene, vitamin E and other fat-soluble nutrients from the veggies. Or make your own light vinaigrette with 1 part oil and 3 parts vinegar, then flavor with mustard, pressed garlic and spices. If creamy dressings are more your thing, check out my favorites (including my Buttermilk Ranch Dip Dressing from my *Slim & Scrumptious* cookbook) at **womansday.com/dressings**. wd



JOY'S BOTTOM LINE

Pile on the veggies, don't forget the protein and avoid these 3 Big Salad Slip-Ups:

1. Thinking anything labeled "salad" is healthy Check the nutrition info on restaurant and fast-food salads. Creamy dressing, croutons, fried chicken or corn chips are tip-offs that it's a fat-and-calorie bomb. Also remember that tuna, chicken, macaroni and potato "salads" are usually swimming in mayo, so eat them sparingly or make your own with lowfat mayo or light vinaigrette.

2. Heaping on the extras They can really make a ho-hum salad sing, but adding too many can sure pile on the calories. Choose a maximum of two, or have super-small portions (1 tsp each) of three or four.

3. Overdressing Keep it to 150 calories' worth of dressing (about 1½ Tbsp of regular dressing) for an entrée salad.

BEST AND WORST FAST-FOOD SALADS

Watch out: Some have more calories and fat than a burger!

BOSTON MARKET
Best: Caesar Salad Entrée with Lite Ranch Dressing (210 cal, 12 g fat)
Worst: Market Chopped Salad (480 cal, 40 g fat)

COSÌ
Best: Shanghai Chicken (313 cal, 13 g fat)
Worst: Così Cobb (708 cal, 55 g fat)

MCDONALD'S
Best: Premium "Caesar" Salad with Grilled Chicken and Newman's Own Low Fat Balsamic Vinaigrette (260 cal, 9 g fat)
Worst: Premium Southwest Salad with Crispy Chicken with Newman's Own Creamy Southwest Dressing (530 cal, 26 g fat)

OLIVE GARDEN
Best: Garden-Fresh Salad, one serving with dressing (350 cal, 26 g fat)
Worst: Grilled Chicken Caesar Salad (850 cal, 64 g fat)

PANERA
Best: Asian Sesame Salad (400 cal, 20 g fat)
Worst: Fuji Apple Chicken Salad (520 cal, 31 g fat)

TACO BELL
Best: Chipotle Steak Taco Salad, Fresco Style (220 cal, 7 g fat)
Worst: Chicken Ranch Taco Salad (910 cal, 54 g fat)

WENDY'S
Best: Caesar Salad with grilled chicken (490 cal, 32 g fat)
Worst: Southwest Taco Salad (680 cal, 39 g fat)

Joy Bauer, RD, is the *TODAY* show nutrition/diet expert and bestselling author of *Slim & Scrumptious*. Learn more at *joybauer.com*


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NEW!
NEW
Açai Blueberry with Antioxidants.
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In every bite.
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antioxidant
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Açai Blueberry
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Help plant a real fruit orchard. Visit **CommunitiesTakeRoot.com.**


SIMPONI,™ a full month of RA relief with one dose a month.
Gone out, back in a month
SIMPONI,™ FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.
Just one dose of SIMPONI™ monthly helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. SIMPONI™ is used with the medicine methotrexate. Methotrexate is taken as directed. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.
Ask your rheumatologist if SIMPONI™ (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.
Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

SIMPONI,™ used with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ (golimumab) is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,™ the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™ Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424

monthly Simponi™ golimumab

Just one dose, once a month.

Medication Guide

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?

SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?"**.

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.

- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab


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Warp Speed Absorption.
always
ultra thin
No other Ultra absorbs faster than Always Ultra. So when your period suddenly changes in flow, you can have a speedy recovery.
Have a Happy Period.

Mary-Theresa's summer essentials



Summer is in the air! What better way to enjoy the beautiful months ahead than to add some fun in the sun with this must-have list of essentials that invigorate, refresh and protect you and your family both inside and out! Happy summer!

Woman's Day Marketing Correspondent Mary-Theresa Tringale shares her insight on the season.

Sweet Dreams



Summer's here, and that means longer, sun-filled days. To maximize the summer season, make sure you get a good night's rest. Get some natural shut-eye with **MidNite Remedy** and **MidNite PM**, the only drug-free and non-habit forming sleep remedies that you can take any time—before or after bed, or even in the middle of the night—leaving you ready to relish a long day in the sun.

Mix It Up



Hit the beach with light snacks the whole family can enjoy. Mix an assortment of crackers to add variety and taste to the menu. ***Pepperidge Farm® Goldfish®*** **Crackers** come in an assortment of flavors and add a tasty mix to any beach bag.

Beat the Heat!



Satisfy your thirst during those dog days of summer with delicious refreshments to hydrate your skin and cool down body temperature. A refreshing glass of iced tea can really do the trick. Try pouring **Swiss Premium Tea** over a tall glass of ice for a tasty dose of summertime fun.

Start the Season with a Burst of Color

For dull hair that's stuck in the winter chill, brighten your locks with a quick and easy-to-use gentle hair color that won't damage your hair. Don't forget to add **no gray**™, it's just the formula help the color last longer and it works on all hair types. It intensifies and locks in the color, just in time for summer! Also, don't forget to protect your treasured tresses from harmful UV rays with a festive and floppy summer hat.



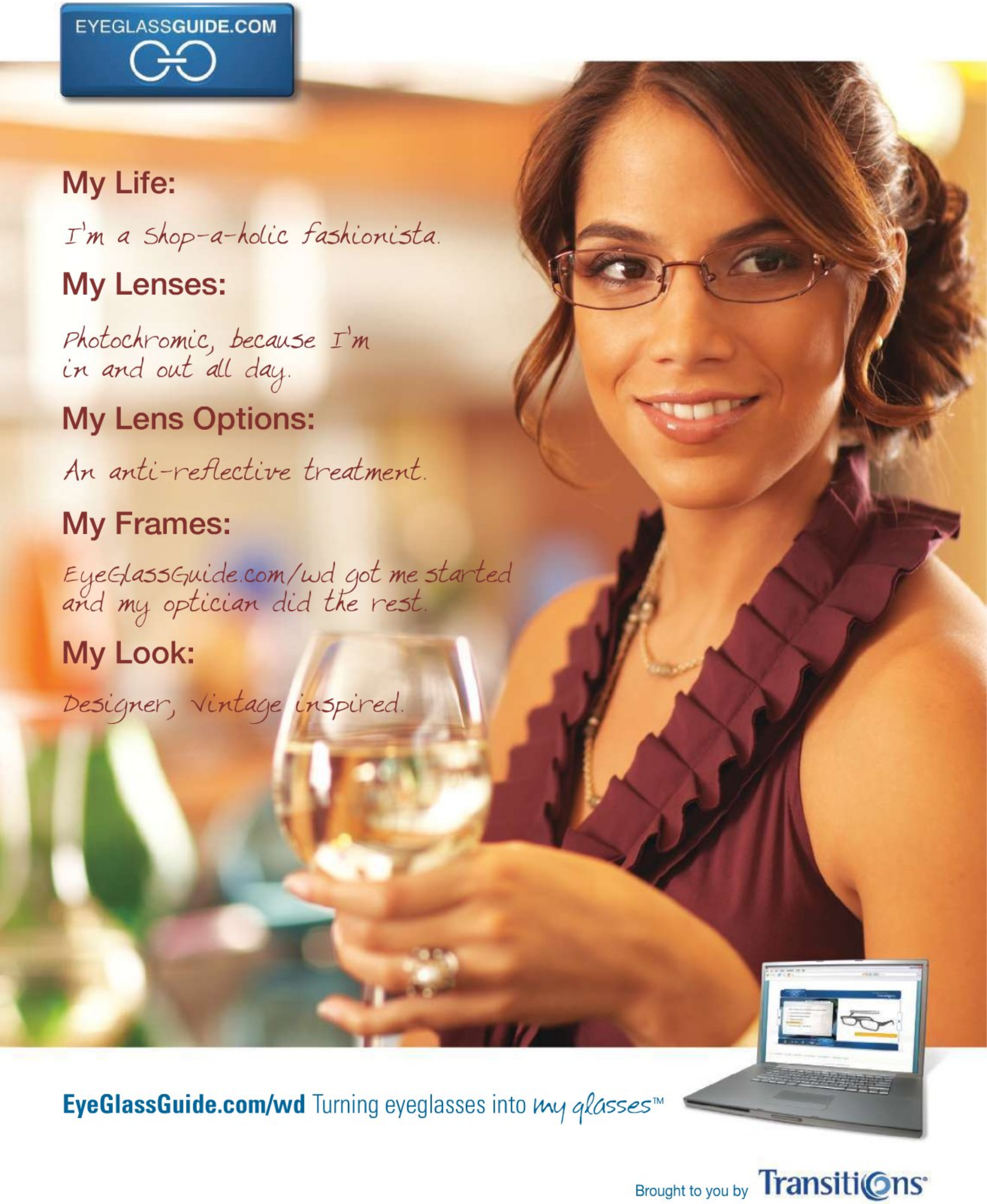
The Perfect Getaway

Fresh and unexpected, **Sauza® Tequila** is the perfect compliment to a sunny afternoon. Whether entertaining at home or enjoying a night on the town, Sauza Tequila offers a refreshing twist to the summer months ahead!

sweepstakes

Snap the tag above or visit www.WomansDay.com/diary for more information on the products mentioned here and a chance to win a Summer Essentials gift package. Plus, tune in to RadioWD at WomansDay.com/RadioWD for additional Summer Essentials tips.

NO PURCHASE NECESSARY. VOID WHERE PROHIBITED. To enter, and for rules and more details, go to www.WomansDay.com/diary from June 8, 2010, to July 8, 2010.



EYEGLASSGUIDE.COM
My Life:
I'm a shop-a-holic fashionista.
My Lenses:
Photochromic, because I'm in and out all day.
My Lens Options:
An anti-reflective treatment.
My Frames:
EyeGlassGuide.com/wd got me started and my optician did the rest.
My Look:
Designer, vintage inspired.
EyeGlassGuide.com/wd Turning eyeglasses into my glasses™
Brought to you by Transitions



keep your diet on track

Overcome these diet derailers and get the scale moving in the right direction

by Marissa Lippert, RD

You've been dieting for a few months and have dropped some weight. You're feeling pretty good about your progress and then—*bam!*—something gets in the way that threatens to land you back where you started. You're not alone: I've counseled countless clients who assume they've mastered the art of healthy eating and then one day realize the number on the scale is sneaking up on them. When I take a closer look, I see that their problems tend to fit into one of five categories. Here's what to watch out for and how to get back on track in no time.

DIET DERAILER #1

you're bored

In the beginning, dieting was kind of exciting. Yes, it was hard, but it was also an adventure—you got to think about food in a different way and try new recipes and meal plans. But once you did all that, the excitement probably died down. You figured out which foods fit into your plan, and you stuck with them. Is there anything wrong with oatmeal for breakfast, a turkey sandwich for lunch and grilled chicken for dinner? Absolutely not. But if you eat that almost every day, chances are you won't feel satisfied, which means you may need a larger portion to feel full. Or, just to beat the boredom, you might start reverting to the old high-cal favorites that you "gave up" when you decided to lose weight.

TO STAY ON COURSE...

● **eat seasonally.** This is the best way to keep *(Please turn to 104)*

VEER

KEEP YOUR DIET ON TRACK

CONTINUED variety in your diet. Hit a farmers' market (or even your supermarket) with an eye toward the newest produce. Sure, your old standbys (like apples and bananas) are great year-round, but spring asparagus or summer peaches can be much more satisfying.

● **add spice.** The right herbs and spices can take any meal from drab to delicious. Experiment with cilantro (great in a marinade for lean beef), fresh mint (try it in a multigrain pasta salad) and cumin (perfect with salmon). Or go ethnic with easy ingredients like a Moroccan spice blend or Asian chili sauce. For recipe ideas, go to **womansday.com/lightrecipes**.

● **dab on condiments.** A lowfat diet can seem low on flavor, so reintroduce smaller amounts of higher-fat items. Just a tablespoon of pesto, blue cheese, guacamole or roasted red pepper hummus is all you need to punch up a sandwich or main course.

● **try breakfast for dinner and vice versa.** There's nothing that says you can't have a veggie omelet for dinner or a few slices of turkey with some fresh, crunchy veggies for breakfast.

● **experiment.** Test a new recipe that incorporates a type of lean protein you don't eat often, like scallops or ground lamb.

4 WAYS TO GET OVER A PLATEAU

Is the scale stuck? Get it moving again!

1 **PICK UP YOUR FOOD JOURNAL.** If you've started to drift away, putting pen to paper again will help you keep better track of portion sizes and snacks.

2 **CHANGE UP YOUR ROUTINE.** Try adding a new snack or meal to your rotation. Just as with exercise, our bodies get used to certain foods and nutrients. Keep your body on its toes by doing something different.

3 **SHUN SIMPLE SUGARS.** On the Get Real diet, we encourage you to choose whole grains over refined carbs most of the time. But giving up the refined kind (like white bread, pasta and sugar-sweetened anything) *totally* for just 3 to 5 days can give your metabolism a kick.

4 **MOVE A LITTLE MORE.** Add just 10 or 15 minutes to your current exercise routine or increase the intensity level to burn off more calories.

STOP BLAND MEALS

DIET DERAILER #2

you're a little *too* comfortable

You've dropped 5, 10 or even 20 pounds and you're feeling really confident. So confident, in fact, that you start to think nothing can mess with your success. Before you know it, you're again reaching for a second glass of wine or an extra serving of your

favorite dish (even if it's a healthy one). You start to treat yourself to dessert once a day instead of once a week. "I can handle it," you tell yourself. "I'll make up for it later!" Meanwhile, those little extras are creeping up, and before you know it, so has the scale.

TO STAY ON COURSE...

• go back to basics.

It's normal for the scale to fluctuate a bit, but if you see that you're 2 or 3 pounds heavier several weeks in a row, step into action. Review the Get-Real Basics (see box, page 108) and think about what you were originally doing that you're not anymore. Did you plan your meals for the week ahead of time, but now you're just winging it? Have you stopped keeping a food diary? Go back to the strategies that initially helped you succeed.

• indulge mindfully.

Whether you're just starting to lose weight or nearing your goal, you deserve to enjoy good food. "There's no reason to feel deprived, hungry or punished," says Michelle May, MD, author of *Eat What You Love, Love What You Eat*. The key is to decide what you really want and eat it mindfully, which may mean deciding when a treat is really worth it. You want to finish something delicious and think, "Wow, that was worth every calorie," not, "I feel gross—why did I eat that?"

• visualize your success.

Keep a picture of you at your fittest on your refrigerator, computer or desk to remind you what you're striving for or hoping to maintain. Or jot on a notecard a list of the pros and cons of resisting or giving in to your urges. "Keeping it handy—like in your wallet—gives you easy access and reminds you why it's worth it to do the hard work," says New York City–based psychologist Andrea Jewell, PsyD.

DIET DERAILER #3

you're taking a vacation—and so is your diet

There's just something about vacation that makes us all want to indulge. But a week's worth of high-cal meals and snacks can do serious damage. Sometimes the problem is a practical one (say, you're on the road or at an airport with nothing but fast food in sight). But often the biggest roadblock is mental: You're away, you want to enjoy yourself and you don't want to follow any rules—including diet ones.

TO STAY ON COURSE...

• be realistic. Aim to maintain your weight during this time rather than lose. If you can come back from your trip without any extra baggage, consider yourself in good shape.

• plan ahead. Pack snacks like nuts and all-natural granola bars so you've got something on hand for difficult situations (a delayed flight, going a long time without meals). Skipping a satisfying snack may lead to overeating at mealtimes. If your best attempts to travel prepared go awry, seek out easy, accessible options like trail mix, fresh fruit, lowfat yogurt, lowfat popcorn or whole-wheat pretzels, most of which you'll find almost anywhere these days.

• indulge wisely. Decadent doesn't always mean high-cal. Go ahead and order the lobster (just go easy on the butter sauce) or even the filet mignon (think 4 to 6 ounces, not 16 ounces).

And yes, you can eat dessert—but remember that tasty things come in small packages! So if you're going out for ice cream, skip the sundae and get one small scoop of your favorite flavor. And sharing a dessert is always a sweet way to finish a meal. *(Please turn to 108)*

SHUTTERSTOCK

Important Patient Information

EXELON® PATCH (rivastigmine transdermal system) (ĕx´-ə-lŏn)

WHAT IS EXELON PATCH AND WHAT ARE ITS USES?

EXELON® PATCH (rivastigmine transdermal system) is a prescription medicine which contains rivastigmine, an acetylcholinesterase inhibitor and is used for the treatment of mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia.

WHO SHOULD NOT USE EXELON PATCH?

EXELON PATCH should not be used if the patient is allergic to rivastigmine or any of the other ingredients of EXELON PATCH, or has had an allergic reaction to a similar type of medicine. Speak to the doctor before using EXELON PATCH.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH?

At higher than recommended doses, EXELON PATCH is associated with significant stomach related side effects such as: nausea, vomiting, diarrhea, decreased appetite, and weight loss. For this reason, people should always start at the low dose. After a minimum of four weeks of treatment, and if well tolerated, the doctor may increase the dose to the next level. If you have not applied EXELON PATCH for several days, do not apply the next patch before you have talked to a doctor.

Weight should be checked while the person is using EXELON PATCH. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON PATCH due to these side effects.

In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON® (rivastigmine tartrate) capsules.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH? (continued)

Take special care with EXELON PATCH and talk to the doctor if the patient has or has ever had any of the following: an irregular heartbeat, an active stomach ulcer, difficulties passing urine, seizures, asthma or severe respiratory disease, trembling, low body weight or impaired liver function. The doctor may need to monitor the patient more closely while on EXELON PATCH.

WHAT ARE THE MOST COMMON SIDE EFFECTS?

The most common side effects include nausea, vomiting, and diarrhea. For a complete list of possible side effects of EXELON PATCH, ask your doctor.

WHAT SHOULD I DO IF I ACCIDENTALLY APPLY MORE THAN 1 EXELON PATCH?

If you accidentally apply more patches than you should remove all patches and inform the doctor immediately.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICATIONS WITH EXELON PATCH?

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON PATCH should not be given together with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON PATCH.

WHAT ADDITIONAL INFORMATION SHOULD I KNOW BEFORE USING EXELON PATCH?

The safety of EXELON PATCH has not been evaluated in pregnant women or in women breastfeeding children. EXELON PATCH is not recommended for use in children.

STILL HAVE MORE QUESTIONS?

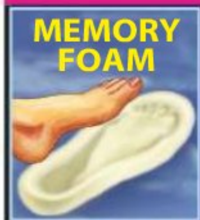
This is only a summary of important information. Ask your doctor for more complete product information, or visit www.exelonpatch.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. You may also contact NOVARTIS PHARMACEUTICALS CORPORATION at 1-888-NOW-NOVA.

If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.

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aim for balance. Pick one meal or snack as a daily splurge; the rest of the time, eat as close to normal as possible.

DIET DERAILER #4

parties, parties everywhere

If your social calendar is constantly full of barbecues, weddings, baby and bridal showers, and more, you're likely faced with multicourse meals, heavy hors d'oeuvres platters, caloric desserts, cocktails…you name it. All that temptation would throw anyone off a healthy weight-loss routine.

TO STAY ON COURSE…

consider the "specialness" of the event. Is this the *only* barbecue you're going to all summer? Then have one hot dog with all the trimmings if that's what you really want. But if you'll be barbecuing every weekend, take that into account. Don't use "But it's a celebration!" as an excuse to overdo it.

don't hit a party with a growling stomach. Saving up all day for a big event by skipping meals may set you up to eat more than you bargained for. Keep your metabolism and hunger levels steady by having a small balanced meal or substantial healthy snack before the party. You'll be much better equipped to navigate food options and keep tabs on portion sizes if you don't arrive starving.

do a lap. If you're at a cocktail party or buffet, don't dive into the spread immediately. Instead, take some time to scope out what's available. Save about ¼ of your plate for the fun stuff, like cheese fondue, mini quiche or fried calamari. The rest of your plate is for lighter foods, like fresh crudités with a little dip, or mini grilled beef or chicken skewers.



THE GET-REAL BASICS

- Eat 3 meals and 1 or 2 snacks every day.
- Aim for 2 to 3 servings of lean protein daily, 3 servings of calcium and 3 to 5 servings of healthy grains.
- Focus on volume-rich foods (with lots of water or air to keep you full).
- Eat mostly complex carbs.
- Eat mostly healthy fats.
- Choose fresh foods over packaged ones when possible.
- Keep a food diary.
- Make tradeoffs: If you overdo it at a meal, downsize the next (but no skipping!).
- Aim for about 1,500 to 1,700 calories a day (to lose 1 to 2 pounds a week).

Learn more at *womansday.com/getreal*

SHUTTERSTOCK

● think about what's negotiable—and what's not. If you're going to a wedding, you're probably going to have a glass of champagne and a slice of wedding cake. So what's skippable? That bland roll at your place setting or your side of potatoes, which you could have any day of the week.

DIET DERAILER #5: you're stressed

It's a fact: Food makes us feel good. There's just something about warm, gooey chocolate chip cookies or creamy chicken pot pie that takes us right back to a place of comfort and calm. That might not be a problem if one cookie did the trick, but for most of us the soothing powers of a food disappear as soon as we stop eating it, says Dr. May. So we end up eating another—and another—in an attempt to recapture that fleeting feeling. And if you're stressed, you may gobble down food without paying attention to what or how much you're eating. Research has also found that cortisol, a stress hormone, may prompt you to eat more, especially sweets.

TO STAY ON COURSE...

● take a breather. It may sound silly, but the next time you have an impulse to reach for food (but you're not really hungry), take a deep breath. It will give you a chance to relax and realize that eating will not solve whatever you're stressed about, says Dr. Jewell. Aside from deep breathing, there are plenty of other non-food things you can do to cope. Try taking a long walk with a friend, reading a book or giving yourself a manicure.

● try a soothing substitute. The next time you're craving a certain food, think about what's so appealing about its taste and/or texture. If it's sweetness you desire, how about a mug of hot chocolate made with skim milk? If you want something creamy, would lowfat pudding work as well as a piece of cream pie? If you feel the need to chomp, would crunchy carrots and celery be (nearly) as good as chips? (Get more ideas at **womansday.com/getreal.**)

● get some rest. People who are chronically sleep-deprived may feel hungrier and have a yearning for high-carb foods (which are a quick source of energy), says research in *The American Journal of Clinical Nutrition*. Aim for 7 to 9 hours of sleep per night. wd

walk off more weight



Burn up to 300 calories with this easy, fun workout

by Denise Austin

Walking is one of the best ways to exercise: You can do it anywhere, anytime, it burns lots of calories and research consistently shows that it has big health benefits. In one study, women who walked two or more hours a week had a 30 percent lower risk of stroke. Another study found that walking an extra 15 minutes a day (a jaunt around your neighborhood or the mall) could help stave off weight gain in most people.

The key to an effective walk is to change it up and not go at the same pace the entire time, so I've created two walks: One is fat-burning, the other weaves in toning moves. Do each walk twice a week and you should start losing weight and looking more toned in three weeks. So what are you waiting for? Start walking! ▶

HILMAR MEYER-BOSSE

Always check with your physician before starting an exercise routine.


Want to be good all day?
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QUICK GUIDE TO SPEED

When I'm doing a walking workout, I think in three speeds. They feel different for everyone, but here's my general guideline.

- **Comfortable:** On a scale from 1 to 10, this is a 5. You should be able to talk easily.
- **Moderate:** On a scale from 1 to 10, this is a 6. You can still finish a sentence but feel a little winded.
- **Mega:** This is a 7–8 (you never want to feel like you're working at a 10). You're very winded and can't talk comfortably.

WALK 1: FAT-BURNER

Minutes 0–5: Walk at a comfortable pace. This warms the muscles and loosens the joints.

Minutes 5–10: Go at a moderate speed.

Minutes 10–15: Mega-walk. You're really speedwalking here; jog if you can.

Minutes 15–17: Go back to moderate speed.

Minutes 17–20: Cool down.

✱To extend this walk to 30 minutes, walk at a moderate pace for minutes 5 through 15, then at a mega pace for minutes 15 through 25.

WALK 2: TONE AS YOU GO

Minutes 0–5: Warm up.

Minutes 5–10: Moderate speed.

- At the 7-minute mark, do triceps toners for 1 minute (which equals about 25 repetitions for all moves): With arms at sides, point elbows back slightly, then extend lower arms behind you (keep upper arms close to body).

Minutes 10–18: Mega speed.

- At the 11-minute mark, do scissors for about 1 minute: Hold arms out in front of you at chest level, palms down, arms parallel to the ground. Cross right wrist over left, then left over right, keeping upper arms steady and elbows slightly bent. (Great for getting rid of a bra bulge!)
- At the 13-minute mark, do punches (with left fist, then right) for 1 minute.
- At the 15-minute mark, do scissors for 1 minute, this time with arms behind you, hands just above butt.
- At the 17-minute mark, do biceps curls: Keeping upper arms close to your sides, bend at the elbows and lift hands (in a loose fist) toward shoulders.

Minutes 18–20: Walk at moderate speed.

Minutes 20–22: Cool down.

S-T-R-E-T-C-H IT OUT: POST-WALK MOVES

It's best to stretch *after* you walk (or do any kind of workout) because that's when your muscles are warmed up and more flexible. You might be tempted to skip it altogether, but stretching is essential. It increases overall flexibility, helping to prevent injuries, pain and soreness. A few pointers:

- **Breathe comfortably throughout each stretch.** Never hold your breath. The muscles you're stretching need that oxygen!
- **Hold each stretch for at least 20 seconds.** Take the stretch to a point where you feel it, but it shouldn't be painful in any way.
- **Do them often.** Flexibility takes consistency. You can do these throughout the day to help release tension that can build up in the muscles. Stretching is also a great overall stress reliever.



MORE MOVES

CHEST/LEG/THIGH STRETCH

Stand with both feet hip-width apart. Bend your left knee and grab your left foot with left hand. With your knee pointing toward the ground, extend your right arm straight up. Hold for 20 seconds, then switch sides.

HILMAR MEYER-BOSSE



ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills,‡ visit ADVAIR.com or call 1-800-520-4197.

Important Safety Information about ADVAIR DISKUS 250/50 for COPD:

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting $beta_2$-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at way2quit.com.

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GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS® 100/50, 250/50, 500/50
(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

AD5253R0 January 2010



HAMSTRING/BUTT STRETCH

Bend over slightly and shift your weight onto your left foot as you extend your right leg straight in front of you. Keep your right heel on the ground and toes pointing to the ceiling. Place your hands on your thighs and sit back slightly; hold for 20 seconds. Switch legs and repeat.



CALF, SHOULDER AND HAMSTRING STRETCH

Squat down slightly and extend your left leg straight in front of you with left heel on the ground, toes pointing up. Stretch left arm across chest and hold left elbow with your right hand. Hold for 20 seconds. Switch legs, arms and repeat.





HIP FLEXOR AND QUAD STRETCH

a) Lunge with right leg in front, your leg forming a 90-degree angle, and your left leg extended behind you. **b)** Lower your body a few inches as you bend your left knee. Keep your back straight (don't arch) and your butt tucked under. Hold for 20 seconds, then switch legs and repeat.

LOWER BACK STRETCH

a) Stand with your feet wider than hip-width apart and knees slightly bent. Place your hands on your thighs. b) Round your back, pull your navel in toward your spine, and feel the stretch throughout your back. Hold for 20 seconds, then flatten your back into starting position.





HILMAR MEYER-BOSSE

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.



strange symptoms

what do they mean?

by Dana Sullivan

See a clump of hair fall out in the shower? Got a rash across your cheeks? When should you shrug it off and when should you call your doctor?

We've all been there: You notice something unusual on your body, and suddenly you're querying all your friends and sleuthing around online to figure out what's wrong. Does that odd rash mean you should switch moisturizers, or should you be thinking skin cancer?

Even those of us without hypochondriac tendencies tend to get spooked now and again by body oddities. "It's easy to jump to the worst-case scenario, but it's always a good idea to take a step back and calm down," says Renée Scola, MD, an internist at Northwestern Memorial Hospital in Chicago. "Of course, there are some symptoms, like chest pain, that you don't ever want to ignore. But if you have a rash for a few days without other symptoms [like a fever], it's probably safe to wait for a couple more days to see what happens before calling your physician."

A good rule of thumb: When in doubt, get things checked out—but unless something feels or looks awful, resist that urge to hit the panic button right away. Instead, take a deep breath and follow our expert-approved guide to help you figure out what's simply annoying and what's an indication you might need medical help.

SHUTTERSTOCK

hair loss

when it's just strange "Losing about 100 hairs throughout the day is normal," says Jeffrey Garber, MD, president of the American Association of Clinical Endocrinologists. Even substantial thinning (think hundreds of hairs a day, possibly in clumps) is nothing to worry about if you're currently going through hormonal changes. For example, if you've recently stopped using hormonal birth control, had a miscarriage or had a baby, hair loss is likely just the result of your body readjusting. Your tresses should return to their former glory within three to four months. It's also normal for hair texture to change due to hormones, which means you don't need to worry following a pregnancy if your curly hair no longer needs to be tamed with a flat iron or your once-dry hair seems magically moisturized.

⚠ when it's a warning sign Not sure if the shedding is excessive? Try the "pull test," says Dr. Garber: "Carefully grasp a small section and lightly tug to see how many hairs will come out." Losing more than five telogen hairs, the ones with the root attached, is cause for concern, he says. Unless you can pinpoint an obvious hormonal cause (as mentioned above), call your doctor.

Your physician will examine your scalp and may suggest blood tests to figure out exactly what's going on. "Deficiencies of zinc, iron or biotin [a B vitamin] can all cause hair loss, as can an under- or over-active thyroid," says Dr. Garber.

You should also check in with your doctor if your hair texture has changed and a new baby isn't in the picture. "Patients often notice texture changes during times of unusual stress or following a serious illness," or your iron levels could simply be low, explains Dr. Scola.

"butterfly" rash

when it's just strange Again, blame hormones: Many moms-to-be develop a butterfly-shaped sprawl of freckle-like spots on their cheeks and nose, as do some women who are taking birth control pills or using hormone therapy for menopause symptoms. The rash (sometimes referred to as a mask) is officially called melasma or chloasma, and it's caused by a ramped-up production of melanin (skin pigment), explains Dr. Scola, who notes that some women develop similar patches of *(Please turn to 118)*

STRANGE SYMPTOMS

CONTINUED spots along their jawline or forehead. Typically the spots fade within a few months after you have the baby or stop taking hormones. In the meantime, the best way to prevent and/or reduce the rash is to slather on sunscreen.

⚠ when it's a warning sign If you're not pregnant or using hormones—and especially if the rash is red and rough—it can signal lupus, a serious autoimmune disorder. "If the mask lasts for several days and you don't think it's just dry skin, definitely get it checked out," says Dr. Scola.

To diagnose (or rule out) lupus, your doctor may test your blood for specific antibodies and/or refer you to a dermatologist or rheumatologist. Although there's no cure for lupus, there are many medications that can keep the symptoms—which may also include joint pain, memory loss and severe fatigue—in check.

mismatched or changing pupils

when it's just strange If you've had mismatched pupils for as long as you can remember, don't sweat it. "Some people are born that way, and while it might make you more light-sensitive, it shouldn't affect your vision in any way," says James Applegate, MD, a family doctor in Grand Rapids, Michigan.

⚠ when it's a warning sign If you hit your head within the last 72 hours (even just a minor bump) or have a high fever and notice that your pupils suddenly start changing size or look mismatched, go straight to the ER, says Dr. Applegate. "Pupil changes following a head injury or during an illness can mean an aneurysm, a cerebral hemorrhage or meningitis, and all are life-threatening," he explains. Same goes for pupil changes that occur following any type of surgery or are accompanied by other symptoms like pain, nausea or vision loss—it's best to get checked out immediately.

Didn't just have an accident or surgery but you definitely weren't born with mismatched pupils? Make an appointment with your doctor. It's probably nothing serious, but you could have a nerve disorder called Horner syndrome (in which the eye with the smaller pupil also has a droopy lid). The condition isn't dangerous in and of itself, but sometimes it's caused by a brain lesion, spinal cord injury or lung tumor. (If necessary, your doctor can check for these with an MRI or CT scan of the head, neck and chest.)

discolored fingernails

when it's just strange You may have heard that a smattering of white spots on your nails means you have a vitamin deficiency, but that's just a myth, says Joseph Jorizzo, MD, professor of dermatology at Wake Forest School of Medicine in Winston-Salem, North Carolina. "White marks on your fingernails are usually related to impact," he explains.

And don't panic if you don't remember the damaging incident:

If the nail of a finger caught in a door or drawer gets damaged below the cuticle, the spots won't be visible until the nail grows out several weeks or even months later.

⚠ when it's a warning sign If you have discoloration, ridges or other symptoms on both your fingernails and your toenails, see a dermatologist—it could be a fungus or psoriasis. And if your fingernails have a brownish discoloration under the nail bed, along with inflammation and torn cuticles, it's probably a yeast infection, which needs to be treated. Also be suspicious about finger- and toenails that are naturally colored near the tip of the nail bed but appear dusky white starting about halfway down. "We call them 'half and half' nails, and they can be a sign of kidney disease."

Lastly, if you're Caucasian and notice a black or bluish-black vertical streak (extending out from under the cuticle to the fingertip), it could be melanoma, the most serious type of skin cancer, so you'll want to see a dermatologist as soon as possible, says Dr. Jorizzo.

numb or tingly extremities

when it's just strange If you're outside in chilly weather or swimming in a cool pool in the summer, you may notice tingling nerves in your hands, feet, fingers and toes. "It just means your nerves are reacting to the cold," says Dr. Applegate. Pull on a pair of gloves, get out of the water, or head somewhere warmer and you should be just fine.

⚠ when it's a warning sign If the tingling doesn't seem related to cold, you could have a pinched nerve in the neck or lower back—especially if the sensation runs all the way down one arm or leg. A pinched nerve can be caused by a ruptured disk or a bone spur that's pressing on a nerve. While it's certainly not life-threatening, it can be pretty uncomfortable. "It's like hitting your 'funny bone' nonstop, so you get tingles in your nerves," says Dr. Applegate. Rest, anti-inflammatory meds, physical therapy or even surgery may be needed to fix the problem. (If your internist can't treat it herself, she'll probably refer you to a neurologist, orthopedist or physiatrist.)

A tingly sensation in the extremities can also be a sign of diabetes, though usually this symptom only occurs once the disease has *(Please turn to 120)*

STRANGE SYMPTOMS

CONTINUED progressed. "Blood sugar levels that are consistently elevated can lead to neuropathy [nerve damage] and cause tingling, weakness or even pain," Dr. Applegate says. So if you already have diabetes, tingling could mean that your blood sugar levels aren't well-controlled. And if you haven't yet been tested for the disease (and can't figure out what else is causing the tingling), a blood test to measure your glucose levels is probably in order.

Numbness and tingling can also sometimes be signs of a heart attack, but if you don't have at least one other telltale sign—such as chest pressure, nausea or feeling out of breath—you're probably not having one. Still, a potential heart attack is nothing to play around with, says Dr. Applegate. "Anytime you think a symptom may indicate heart disease, act on it and call 911 ASAP."

unusually colored urine

when it's just strange Perfectly normal urine can be many shades of light yellow, or pink, orange, green or even light tan. So if you've been eating a rainbow of produce lately—i.e., carrots, asparagus, blackberries, beets—or taking a new medication or multivitamin, don't be surprised if your pee reflects that, says Dr. Scola.

⚠ when it's a warning sign "Dark brown urine or urine that looks blood-tinged [rather than a more subtle pink] most often signals dehydration or a urinary tract infection, respectively," says Dr. Scola. If your urine has been very dark for more than a day and you know mild dehydration isn't the culprit (try drinking a few glasses of water and see what happens!), it's worth seeing your physician.

Dark urine can also be a sign of kidney problems or liver disease, such as hepatitis or cirrhosis, which can be very serious (you may end up needing antiviral medications, dialysis to "clean" your blood or even a liver transplant). The sooner you find out what's wrong, the better.

Bloody urine may mean a UTI, and you'll need antibiotics to clear it up. In rare cases it could even indicate bladder cancer or kidney stones (hard mineral deposits that can be extremely painful).

If signs point to either of these conditions, your doctor may want to examine your bladder with a CT scan or cystoscopy—a test in which a miniature camera is threaded into your bladder.

red lacy patterns on your skin

when it's just strange If your arms or legs look like you have a fishnet pattern tattooed on them, it's probably something called livedo reticularis. Sounds alarming, but it really just means that your blood vessels are dilated to compensate for sluggish blood flow because you're cold. "If the pattern temporarily disappears when you press on it or permanently goes away when you get warmed up, there's nothing to worry about," says Dr. Jorizzo.

⚠ when it's a warning sign If the pattern doesn't disappear when your body temperature rises or when you apply pressure, it can be a sign of an autoimmune disorder, such as lupus or rheumatoid arthritis, says Dr. Jorizzo. If your doctor thinks you might have one of these, he may order a skin biopsy or specific blood tests to check for these conditions. (If rheumatoid arthritis is a likely suspect, your doctor may also want to take X-rays of your joints to see if they're swollen or damaged.)

bulging belly button

when it's just strange If you've always had an "outie," there's nothing to stress over. Same goes for anyone who's majorly pregnant: It's normal for an innie to become a very pronounced outie at some point during the second trimester.

⚠ when it's a warning sign If you're not pregnant, a bulging belly button can indicate that you've developed an umbilical hernia—meaning that a part of your intestine has pushed through a weak spot in your abdominal wall, says Dr. Scola.

This problem is most common among people who are overweight or do lots of heavy lifting and also among women who have previously been pregnant several times. "A hernia can be dangerous if it cuts off blood supply to part of the intestine, so you should see your physician soon to see if you need surgery," Dr. Scola says. (Fortunately, the surgery needed to repair this kind of hernia is relatively simple.) **wd**


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eat well



JUICY FRUIT

Watermelon is a crowd-pleaser—not only does it taste great, it'll cool you off like no other fruit. On a scorching hot day, whip up a batch of these refreshing granitas (turn the page for the recipe). Expecting company? Here's an easy entertaining tip: Spike the melon mixture with 2/3 cup vodka before freezing. Cheers!

ANTONIS ACHILLEOS; PROP STYLING BY LOREN SIMONS.

MAD FOR MELON

The time is ripe to enjoy the sweet, juicy flavor of watermelon.

VARIETIES Nearly 75 percent of the watermelons sold in America are considered seedless, even though they actually do contain seeds—the tiny white ones, which are completely edible. We're all familiar with red watermelons, but other varieties have yellow, orange or white flesh; the taste is pretty similar.

BUYING Weight matters when you're picking out the fruit (which is actually a vegetable…*shhh!*). Since melons are mostly made up of water, a good one should feel heavy for its size. It should also have a smooth round or oblong shape with a slightly dull rind and creamy yellow underside. To check for ripeness, give the melon a firm tap—if you hear a hollow thump, it's a winner.

STORING Keep whole watermelons at room temperature for up to 2 weeks. Once cut, wrap tightly and refrigerate for up to 3 days.



watermelon & feta salad

2 ways with watermelon

watermelon granita

SERVES 8

- **6 cups cubed seedless watermelon**
- **1/4 cup sugar**
- **1/4 cup lime juice**

1. Purée watermelon in a food processor. Add sugar and lime juice; pulse until sugar is dissolved.

2. Pour into a 13 X 9-in. metal baking pan. Freeze 2½ hours, stirring each hour, mixing ice crystals into the middle of the pan.

3. **To serve:** Let granita stand for 10 minutes at room temperature. Scrape into chilled glasses and serve at once.

watermelon & feta salad

SERVES 4

Dressing

- **2 Tbsp olive oil**
- **1 Tbsp white wine vinegar**
- **1 Tbsp lime juice**
- **1/4 tsp each salt and pepper**

Salad

- **1/4 small red onion, thinly sliced**
- **1-lb piece seedless watermelon, rind removed, cut into thin chunks**
- **1/2 seedless cucumber, cut in half horizontally, sliced**
- **3 cups baby arugula**
- **3 oz feta cheese, crumbled**

1. In a bowl, whisk together dressing ingredients. Add onion and let sit 10 minutes.

2. Add watermelon, cucumber and arugula to bowl. Gently toss to combine.

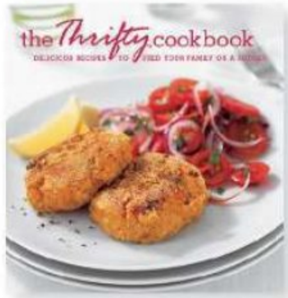
3. Top salad with crumbled feta and serve.

ANTONIS ACHILLEOS; PROP STYLING BY LOREN SIMONS.


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Rosemary Roasted Chicken with Potatoes
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Rosemary Roasted Chicken
PACKAGE INCLUDES
2 tsp. McCormick® Paprika
1 1/2 tsp. McCormick® Crushed Rosemary Leaves
1 tsp. McCormick® Minced Garlic
1/2 tsp. McCormick® Coarse Ground Black Pepper
YOU WILL NEED
2 tbsp. olive oil
1 tsp. salt
6 bone-in chicken thighs, skin removed (about 2 lbs.)
1 1/2 lbs. small red potatoes, cut into 1-inch cubes
Pre-measured spices
Recipe card
Delicious meal
Introducing McCormick® Recipe Inspirations™, with recipe card and pre-measured spices included.
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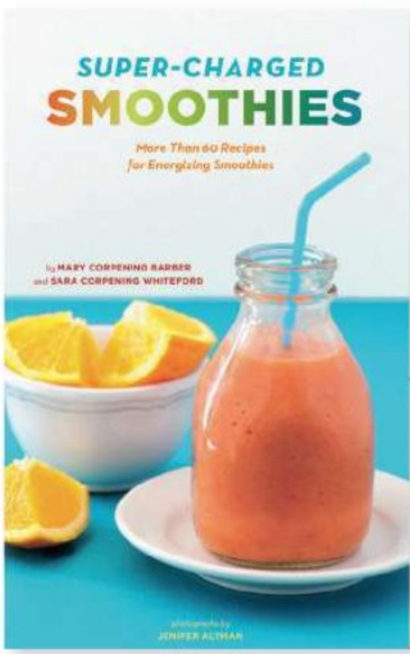
Need inspiration? From money-saving recipes to family favorites to fun smoothies, these books are a great place to start. Get a recipe from each at *womansday.com/cookbooks*.



▲THE THRIFTY COOKBOOK
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Packed with just what you're looking for: creative uses for leftovers and affordable seasonal produce, plus easy cost-saving meals like the classic Spanish tortilla.



▲ HOME COOKING WITH TRISHA YEARWOOD
(Clarkson Potter, $29.99)
Trisha returns with her second cookbook, filled with stories of Southern hospitality and recipes that include lemon meringue pie.



WIN THIS BOOK

***Super-Charged Smoothies* by Mary Corpening Barber and Sara Corpening Whiteford (Chronicle Books, $19.95). Cool down with these great-tasting, antioxidant-rich smoothies.**



creative cake contest

Calling all bakers who love to decorate cakes: Design and make one of your own for your July 4th barbecue, take a picture of it and enter it in our patriotic cake contest (go to **womansday.com/patriotic**). The winner will receive a prize package worth $150 that's July 4th–themed, loaded with baking and decorating goodies from Wilton.



PRODUCTS WE LOVE....



◀ pure produce Remove pesticides, waxes and chemicals from produce with Rebel Green's Fruit & Veggie Clean (16 oz, $7; **rebelgreen.com**). Made from natural grapefruit seed extract, it leaves no residual taste—you simply spray it on and rinse it off.



◀ move over, garlic salt... Here comes pepper! Skip the salt but don't skimp on flavor. Frontier Co-op has great new black pepper grinders that hold peppercorns tossed with essences of natural flavorings like lemon, chipotle or garlic. ($6.49; **frontiercoop.com**)



▲ cooking light Why get a backache just from lifting a frying pan? Starfrit's cast-iron pans are 50 percent lighter than regular cast iron. Prices start at $29.99 for a 9½-in. fry pan. **starfritusa.com**

BOTTOM: ANTONIS ACHILLEOS (3).

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BBQ RIBS WITH MOPPING SAUCE ★ GRILLED CHICKEN WITH WHITE BBQ SAUCE ★ RED, WHITE & BLUE POTATO SALAD ★ TOPPINGS FOR GRILLED BRATS AND DOGS ★ HEIRLOOM TOMATO SALAD WITH GRILLED GARLIC BREAD ★ INDEPENDENCE DAY SUNDAES ★ PEACH CAKE

GET FIRED UP!

with our **Fourth of July** menu



red, white
& blue
potato salad
page 132

grilled chicken
with white
barbecue sauce
page 130

PHOTOGRAPHS BY ALISON MIKSCH



bbq ribs with mopping sauce

grilled chicken with white barbecue sauce

SERVES 8

ACTIVE: 15 MIN TOTAL: 1 HR (NOT INCLUDING MARINATING)

White Barbecue Sauce
- **1½ cups fat-free or light mayonnaise**
- **1 Tbsp grated lemon zest**
- **¼ cup each lemon juice and water**
- **2 Tbsp chopped fresh oregano leaves**
- **2 Tbsp white-wine Worcestershire sauce**
- **1 Tbsp each coarse black pepper and yellow mustard**
- **3 large cloves garlic, crushed through a press**
- **2 tsp each sugar and prepared horseradish**

- **5 lb chicken parts (wings, drumsticks, thighs and quartered breasts)**

1. White Barbecue Sauce: Whisk together ingredients in a medium bowl. Place chicken in a 2-gallon ziptop bag; add ½ cup sauce, seal bag and toss to coat. Marinate chicken in refrigerator up to 2 days. Refrigerate remaining sauce.

2. Heat oven to 375°F. Line a rimmed baking sheet with foil. Arrange chicken on baking sheet; bake 35 minutes, turning once.

3. Heat outdoor grill to medium-high heat. Grill chicken, turning and basting frequently with ½ cup of the reserved sauce, until cooked through, about 15 minutes.

4. Transfer to a platter; serve with remaining sauce. ▶

Per serving: 359 cal, 37 g pro, 0 g car, 1 g fiber, 19 g fat (5 g sat fat), 122 mg chol, 422 mg sod

bbq ribs with mopping sauce

SERVES 8 **ACTIVE: 30 MIN TOTAL: 1¾ HR**

- **2 racks pork spare ribs (about 6 lb), halved crosswise**

Dry Rub
- **½ cup barbecue seasoning (like McCormick Grill Mates)**
- **2 Tbsp brown sugar**
- **2 tsp ground cumin**
- **½ tsp ground cinnamon**

Mopping Sauce
- **1⅓ cups barbecue sauce**
- **⅓ cup apricot all-fruit spread**
- **¼ cup honey**
- **2 Tbsp grated onion**
- **1 Tbsp lower-sodium soy sauce**
- **2 tsp yellow mustard**

Freshly ground black pepper

1. Heat oven to 350°F. Line a broiler-pan bottom with foil.

2. Whisk Dry Rub ingredients in a small bowl; rub on both sides of ribs. Transfer to prepared broiler-pan rack; cover tightly with heavy-duty foil. Roast ribs 1½ hours until meat between ribs is fork-tender. (If making ahead, let cool to room temperature, then transfer ribs to a 2-gallon ziptop bag, seal and refrigerate up to 2 days.)

3. Mopping Sauce: Combine ingredients in a 2-qt saucepan; bring to a boil. Reduce heat to low and simmer 10 minutes, until the sauce has reduced slightly and thickened; cool. (If making ahead, transfer to a bowl, cover and refrigerate up to 3 days.)

4. If chilled, bring ribs and sauce to room temperature. Heat outdoor grill to medium-high heat. Grill ribs, mopping them with sauce and turning until slightly charred and glazed, 10 to 12 minutes.

5. Transfer ribs to a cutting board. Cut into single or double rib portions.

Per serving: 774 cal, 46 g pro, 36 g car, 1 g fiber, 48 g fat (18 g sat fat), 191 mg chol, 1,704 mg sod

RECIPES & FOOD STYLING BY FRANK P. MELODIA; PROP STYLING BY GERRI WILLIAMS.

SUMMERTIME

snackiness.



Fruit Dip

Servings: About 12
(Makes: 23 tbsp.)
Serving Size: 2 tbsp.

1 POINTS VALUE Per Serving

1	**8 oz. bar Weight Watchers® Reduced Fat Cream Cheese Spread** (room temperature)
1/4 cup	Marshmallow fluff
3 tbsp.	Sugar-free seedless raspberry preserves

Combine all ingredients. Blend thoroughly. Serve with fresh fruit.



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Ideal for recipes!



red, white & blue potato salad

SERVES 8

ACTIVE: 35 MIN TOTAL: 1 HR

Potato Salad
- **3 lb mixed baby red, white and blue potatoes**
- **1 tsp salt**
- **¾ cup sliced celery**
- **⅓ cup sliced scallions**
- **1½ Tbsp chopped fresh tarragon**

Hot Bacon Dressing
- **6 slices thick-sliced bacon, cut crosswise into thin strips**
- **1½ tsp all-purpose flour**
- **1 Tbsp sugar**
- **½ tsp each salt and freshly ground pepper**
- **2 tsp mustard**
- **⅓ cup white balsamic or cider vinegar**
- **¼ cup water**
- **3 hard-cooked large eggs, peeled**

1. Potato Salad: Put potatoes and salt in a large pot; add cold water to cover. Bring to a boil, cover and simmer 15 to 20 minutes until tender. Drain in colander. Let stand until cool enough to handle, but still warm. Quarter potatoes and place in large serving bowl with celery, scallions and tarragon; toss.

2. Hot Bacon Dressing: Meanwhile, cook bacon in large skillet over medium heat until crisp. Remove with slotted spoon to a paper-towel–lined plate. Pour off all but 3 Tbsp drippings. Whisk flour, sugar, salt and pepper in same pan until smooth. Add mustard, vinegar and water; bring to a boil over medium heat, whisking until slightly thickened. Pour over potato mixture; toss with bacon pieces and chopped hard-cooked eggs. Serve warm.

3. To make ahead: Wrap the potato salad, dressing, cooked bacon and eggs separately and refrigerate overnight. To serve, bring salad to room temperature. Microwave bacon and dressing briefly to warm, then stir into salad with chopped eggs.

Per serving: 274 cal, 10 g pro, 34 g car, 2 g fiber, 11 g fat (4 g sat fat), 92 mg chol, 474 mg sod



toppings for grilled brats & dogs

Many of these add-ons can be found in the condiment aisle of your supermarket—add a few little tweaks and you've got something special.

APPLE-WINE KRAUT WITH CARAWAY SEEDS Heat up **a pouch of rinsed and drained sauerkraut** with **a splash of dry white wine**, **a chopped apple** and **a pinch of caraway seeds.**

JALAPEÑO PICKLE RELISH Top grilled brats or dogs with **mustard**. Stir **chopped pickled jalapeño peppers** into **sweet pickle relish**; spoon on top.

SALSA TOPPING Mix purchased or homemade **tomato salsa** with **a handful of diced avocado** and **a dash of minced fresh jalapeño**.

SPICY OR SWEET PEPPER TOPPING Top grilled brats or dogs with **spicy cherry-pepper sandwich spread or sweet pickled pepper slices**.

CORN RELISH Steam **fresh or frozen corn kernels** and stir into purchased **hot dog relish**, **piccalilli or corn relish.** ▶


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*Peanut Butter & Jelly Sandwich: 18g sugar, 18g fat, 3.5g saturated fat, 500mg sodium
Bologna Sandwich w/fat-free mayo: 4g sugar, 10g fat, 4.0g saturated fat, 770mg sodium





heirloom tomato salad with grilled garlic bread

heirloom tomato salad with grilled garlic bread

SERVES 8 **ACTIVE: 10 MIN** **TOTAL: 20 MIN**

- **1 medium red onion, very thinly sliced, separated into rings**
- **¼ cup white balsamic vinegar**
- **4 oz feta cheese, crumbled**
- **3 lb mixed heirloom tomatoes, cut into chunks**
- **¼ cup plus ½ tsp extra-virgin olive oil**
- **¼ tsp each salt and freshly ground pepper**
- **½ cup torn fresh basil leaves**
- **8 slices (1 in. thick) from a round loaf of semolina bread**
- **1 large garlic clove, peeled and halved crosswise**

1. In a large serving bowl, combine onion, vinegar and feta cheese. Let stand until onions have softened, about 10 minutes. Meanwhile, heat grill.

2. Add tomatoes, ¼ cup oil, salt, pepper and basil to onion mixture; toss.

3. Brush bread slices with ½ tsp oil and grill until lightly toasted. Spear garlic-clove halves onto end of fork and immediately rub over hot bread slices. Serve with tomato salad.

Per serving: 315 cal, 9 g pro, 40 g car, 4 g fiber, 15 g fat (5 g sat fat), 13 mg chol, 495 mg sod

independence day sundaes

SERVES 8

ACTIVE: 20 MIN TOTAL: 40 MIN

Blueberry Sauce
½ cup honey
½ pint blueberries (1 cup)
2 Tbsp lemon juice

Sundaes
2½ pints raspberry sorbet
2½ pints vanilla ice cream
½ pint each blueberries and raspberries

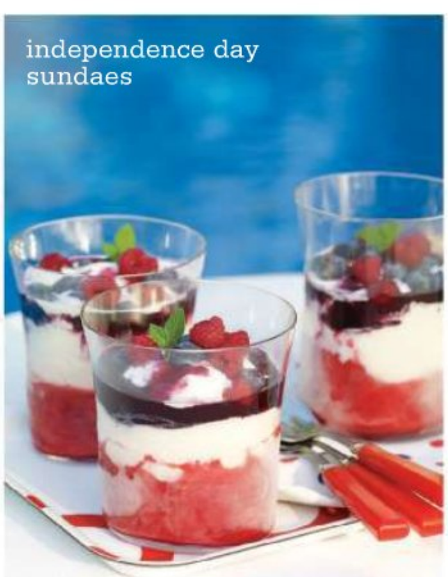
Garnish: mint sprigs

1. Blueberry Sauce: Combine honey and blueberries in 2-qt saucepan and bring to a boil; boil 2 minutes. Remove from heat; stir in lemon juice. Transfer mixture to a blender and purée until smooth. Let cool to room temperature, then refrigerate. (Can be made up to 3 days ahead.)

2. Sundaes: Let sorbet and ice cream soften slightly at room temperature. For each serving, scoop about ⅓ cup sorbet into each serving dish, then top with ⅓ cup vanilla ice cream. (Sundaes can be assembled up to this point 8 hours ahead and placed in freezer.)

3. To serve, top each sundae with about 2 Tbsp blueberry sauce and ¼ cup mixed berries. Garnish with mint sprigs.

Per serving: 431 cal, 3 g pro, 80 g car, 4 g fiber, 13 g fat (8 g sat fat), 44 mg chol, 45 mg sod


independence day sundaes


peach cake

peach cake

SERVES 8 **ACTIVE: 25 MIN TOTAL: 1¾ HR**

1¾ cups all-purpose flour
⅔ cup sugar
1½ tsp baking powder
¼ tsp each ground nutmeg and salt
½ cup milk
2 large eggs
¼ cup unsalted butter, melted
2 tsp vanilla extract
1 Tbsp grated lemon zest
1½ lb ripe peaches (about 4 medium), peeled, sliced into ½-in. wedges and tossed with 2 Tbsp lemon juice

Topping
2 Tbsp each all-purpose flour and packed brown sugar
1½ Tbsp unsalted butter, cut into bits
¼ tsp ground cinnamon
Confectioners' sugar, for dusting

1. Heat oven to 350°F. Coat a 9 x 3-in. springform pan with baking spray.

2. Whisk flour, sugar, baking powder, nutmeg and salt in large bowl to combine. In a small bowl, whisk milk, eggs, butter, vanilla and zest. Pour over flour mixture, mixing just until smooth, about 1 minute. Spread evenly over bottom of pan. Top with peach slices.

3. Topping: Rub ingredients together with fingers in bowl until moistened and clumpy. Scatter between peaches.

4. Bake 1 hour 15 minutes, or until lightly golden and a pick inserted in center comes out clean. Cool in pan on a wire rack. Remove cake from pan. Dust top with confectioners' sugar. **wd**

Per serving: 328 cal, 6 g pro, 55 g car, 2 g fiber, 10 g fat (6 g sat fat), 76 mg chol, 180 mg sod

ON OUR COVER watermelon cake

SERVES 12

- **1 box (18.25 oz) yellow cake mix**
- **1 box (3.4 oz) vanilla instant pudding and pie filling mix**
- **4 large eggs**
- **1 cup water**
- **⅓ cup oil**
- **3½ cans (16 oz each) vanilla frosting**
- **Red, orange, leaf green, yellow and black gel or paste food color**
- **Chocolate-covered raisins (Raisinets)**
- **You'll also need: pastry bag, coupler, petal decorating tip 101S or 101 or basketweave tip 44 or 47**

1. Heat oven to 350°F. Coat two 9-in. round cake pans with nonstick spray. Line bottoms with wax paper; coat with spray.

2. Combine cake mix, pudding mix, eggs, water and oil in a large bowl. Beat at medium speed with electric mixer for 2 minutes. Pour evenly into prepared pans. Bake 30 to 35 minutes until wooden pick inserted in centers comes out clean.

3. Cool in pans on wire rack 15 minutes; invert cakes onto rack, remove paper and cool completely.

4. Tint one can frosting red-orange. Using leaf green, yellow and a bit of black, tint one can frosting pale green. Remove ½ cup pale green frosting to a pastry bag fitted with decorating tip. Using more leaf green and black food color, tint remaining pale green frosting until it turns dark green.

5. Stack cake layers on a cutting board; cut crosswise in half. Set one piece aside.

6. For large melon slice: Sandwich 3 cake layer halves with ⅓ cup white frosting between each (invert top layer so flat side is up). **For small melon wedges:** Cut reserved piece of cake into 3 wedges. Frost slice and wedges with a thin layer of remaining white frosting.

7. Frost rounded edges of cakes with dark green frosting. Using flat slide of decorating tip, pipe pale green frosting along edge of dark green frosting on sides and top. Pipe squiggly lines onto sides over dark green frosting. With spatula, smear pale green lines to create the look of watermelon skin.

8. Reserve ½ cup red-orange frosting. With remaining red-orange frosting, frost top and straight sides of cakes, leaving about ½-in. border of white frosting. Cut chocolate-covered raisins in half lengthwise. Place cut-side up into red-orange frosting for pits. Refrigerate several hours or overnight to set.

9. Remove large melon slice to serving tray, standing it on rounded edge. Frost back side of cake with reserved red-orange frosting; decorate with additional chocolate-covered raisins. Place small wedges on tray with large slice. (To serve large cake, place it back onto a flat side before cutting into slices.)











ANN STRATTON; PROP STYLING BY MATTHEW GLEASON.

Promotion

WDdiary



An inside look at *Woman's Day* events, promotions and special offers



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Check out **WDdiary** online for more exciting news and offers!
WomansDay.com/diary

by Terry Grieco Kenny

pizza tonight

Forget takeout. You've got a pizza oven right in your backyard—your grill



Taste pizza like you've never had it before. Cooking it on the grill guarantees a crisp crust and rich, smoky flavor. So gather the family to stretch the dough and pick the toppings while you work the flames.

tips from the pro

Elizabeth Karmel, grilling guru and coauthor of *Pizza on the Grill,* sets you up for success.

1. Take dough out of the fridge at least 1 hour before using to let it "relax"; it will be much easier to work with. While you're waiting, prep all of the other ingredients.

2. Don't fuss with rolling your dough into a perfect circle. Instead, hand-stretch it into an "organic" shape—kids are great at this. Keep it thin: about 1/8-in. thick. This ensures the dough will cook through and become crisp.

3. The key to cooking grilled pizza is to use a combination of direct and indirect heat. Cook the dough first over direct heat, then cook the pie with toppings over indirect heat so the crust won't burn before the toppings heat through.

grilled pizza

Find pizza dough in either the freezer section or the dairy section of your supermarket. Or buy it from a pizzeria for about $2 a ball.

MAKES 4 SINGLE-SERVING PIZZAS

ACTIVE: 20 MIN   TOTAL: 30 MIN

- **1 lb pizza dough, at room temperature, quartered**
- **2 Tbsp cornmeal**
- **2 to 3 Tbsp olive oil**
- **3/4 cup marinara or pizza sauce**
- **1 1/3 cups shredded mozzarella**
- **8 tsp grated Parmesan**
- **1 tsp dried oregano**

1. Heat outdoor gas grill 10 minutes on high heat. After 10 minutes, reduce heat to medium.

2. Meanwhile, sprinkle 2 tsp cornmeal over each of 2 large baking sheets. To make each pizza, take a quarter of dough and stretch, turning and pulling, until it's about a 7- to 8-in. round or oblong shape and about 1/8-in. thick. (If dough is sticky, flour your hands before stretching.) Brush both sides with olive oil and place on prepared baking sheet. Sprinkle top with 1/2 tsp cornmeal. Continue with remaining dough and cornmeal to make 4 pizzas.

3. Lift dough off baking sheets and onto grill. Close cover and grill 3 minutes until bottoms are firm and have nice grill marks. Using tongs, remove crusts to a baking sheet. Shut off one of the grill burners; close cover.

4. Spread each crust with 3 Tbsp sauce. Top each with 1/3 cup shredded mozzarella, 2 tsp grated Parmesan and 1/4 tsp oregano.

5. Place pizzas on unlit side of grill so they get indirect heat. Close cover and grill 7 to 10 minutes, rotating pizzas halfway through cooking time, until bottoms are browned and cheese is melted.

to make Margherita pizza (shown): Instead of marinara sauce, top each pizza with **10 to 12 slices ripe plum tomato** and **2 oz sliced fresh mozzarella** (omit shredded mozzarella, grated Parmesan and oregano). Grill as directed. Top each pizza with a **scant 1/4 cup torn basil leaves**.

PHOTO ILLUSTRATION: ALEXANDRA GRABLEWSKI/STOCKFOOD

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coconut cream cake

PHOTOGRAPHS BY ANTONIS ACHILLEOS



mocha-chocolate cake



raspberry-lime cake



honey-peach cake
with sugared pistachios



orange creamsicle cake

RECIPES BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY FRANK P. MELODIA; PROP STYLING BY LOREN SIMONS. CAKE STAND: B.I.A. CORDON BLEU, 800-242-2210. FORKS: CB2; *CB2.COM.*

raspberry-lime cake

SERVES 12

ACTIVE: 20 MIN   TOTAL: 20 MIN

- **1 box (3.4 oz) instant vanilla pudding mix**
- **1 cup reduced-fat sour cream**
- **½ cup milk**
- **1 store-bought 8-in. angel food cake**
- **¼ cup plus 2 Tbsp raspberry preserves**
- **1 cup fresh raspberries**
- **1 cup confectioners' sugar**
- **1 Tbsp lime juice**

Garnish: grated lime zest and raspberries, optional

1. In a medium bowl, whisk pudding mix, sour cream and milk 2 minutes until blended and thickened.

2. Invert cake onto serving plate; cut horizontally into 3 equal layers.

3. Spread bottom layer with ¼ cup raspberry preserves; top with half the raspberries. Spread ¾ cup pudding on top. Place second cake layer over pudding; spread with remaining preserves, raspberries and ½ cup pudding. Top with remaining cake layer.

4. Stir confectioners' sugar and lime juice in a small bowl until blended and smooth. Spoon on top of cake, letting some drip down sides. Garnish with lime zest and additional raspberries, if using.

Per serving: 216 cal, 4 g pro, 44 g car, 1 g fiber, 4 g fat (2 g sat fat), 8 mg chol, 345 mg sod





mocha-chocolate cake

SERVES 12

ACTIVE: 8 MIN   TOTAL: 8 MIN

- **½ cup heavy cream**
- **1 cup semisweet chocolate chips**
- **6 Tbsp coffee-flavored liqueur or coffee-flavored syrup**
- **1 store-bought 8-in. angel food cake**

1. Microwave cream in a medium glass bowl on high 1 minute until it simmers.

2. Add chocolate chips; let stand 1 minute. Whisk until chocolate is melted and smooth. Whisk in 2 Tbsp coffee-flavored liqueur or syrup.

3. With a skewer, poke numerous holes into bottom of cake; brush with 2 Tbsp liqueur or syrup. Invert onto serving plate, poke holes into top of cake and brush with remaining liqueur or syrup.

4. Pour half of chocolate sauce (about ½ cup) evenly over top of cake; spread with a spatula so that some drips down the sides. Serve with remaining chocolate sauce.

Per serving: 203 cal, 2 g pro, 30 g car, 1 g fiber, 8 g fat (5 g sat fat), 14 mg chol, 218 mg sod

orange creamsicle cake ♥

SERVES 12

ACTIVE: 10 MIN   TOTAL: 4½ HR (INCLUDES FREEZING)

- **1 store-bought 8-in. angel food cake**
- **2 cups orange sherbet ▶**

2 cups frozen whipped topping, thawed, or fresh whipped cream
Garnish: Candied Orange Peel (recipe below), optional

1. Invert cake onto serving plate. Fill center hole with sherbet, packing in. Cover with plastic wrap and freeze at least 4 hours or overnight. (Once the cake is frozen, it can be wrapped and stored in freezer up to 2 weeks.)

2. **To serve:** Unwrap; transfer frozen cake to a serving plate. Frost sides and top with thawed whipped topping or whipped cream. Sprinkle candied orange peel on top, if using.

Per serving: 142 cal, 2 g pro, 27 g car, 1 g fiber, 3 g fat (2 g sat fat), 0 mg chol, 224 mg sod

Candied Orange Peel: Using a citrus zester, remove the peel from **1 orange** in strips. Or use a vegetable peeler to remove the peel from the orange in vertical strips, avoiding as much of the white pith as possible; cut into smaller strips. Bring 2 cups cold water and the peel to a boil in a 2-qt saucepan; drain. In the same saucepan, whisk 1 cup water with **2 cups sugar** until sugar dissolves. Add the peel and bring to a boil over medium heat. Reduce heat; simmer the peel 10 to 15 minutes until tender and translucent. Drain; let cool. Toss the peel in **½ cup sugar**. Using a fork or your fingers, remove peels, gently shaking off excess sugar. Store in an airtight container for 1 week.





honey-peach cake with sugared pistachios

SERVES 12

ACTIVE: 15 MIN TOTAL: 15 MIN

- **3 firm-ripe peaches, pitted and sliced**
- **¼ cup honey**
- **1 Tbsp lemon juice**
- **2 Tbsp confectioners' sugar**
- **1 cup nonfat Greek yogurt**
- **½ cup heavy cream**
- **1 store-bought 8-in. angel food cake**
- **Sugared Pistachios (recipe follows)**

1. Toss peach slices, honey and lemon juice in a medium bowl. Let stand at least 15 minutes.

2. Mix confectioners' sugar and yogurt in another medium bowl until well combined. In a small bowl, beat cream until stiff peaks form; fold into yogurt mixture, cover and refrigerate.

3. Invert cake onto serving plate. Cut horizontally into 2 equal layers; remove top layer. Spoon half the juice and peaches over the bottom layer, then spread with half the yogurt cream.

4. Top with cake layer, cut side down, then remaining juice and peaches. Sprinkle with some sugared pistachios. Serve with remaining yogurt cream and sugared pistachios.

Per serving: 225 cal, 6 g pro, 33 g car, 2 g fiber, 9 g fat (3 g sat fat), 14 mg chol, 227 mg sod

Sugared Pistachios: Heat oven to 350°F. Line a rimmed baking sheet with nonstick foil. Slightly whisk **an egg white** in a small cup. Transfer 1 Tbsp to a medium bowl; whisk until frothy (discard remaining egg white). Add **1 cup coarsely chopped pistachios**, **3 Tbsp sugar** and **¼ tsp ground cinnamon**; toss to combine. Spread on lined baking sheet. Bake 8 minutes or until dry and toasted. Cool; break apart.

coconut cream cake

SERVES 12

ACTIVE: 10 MIN TOTAL: 10 MIN

- **½ pint (1 cup) heavy cream**
- **3 Tbsp confectioners' sugar**
- **½ tsp coconut extract**
- **1 store-bought 8-in. angel food cake**
- **1¼ cups unsweetened flake coconut**

1. Put heavy cream, confectioners' sugar and extract in a medium bowl. Beat with electric mixer until soft peaks form when beaters are lifted.

2. Invert cake onto serving plate. Using a small offset spatula, spread whipped cream all over cake.

3. Gently pat coconut onto whipped cream. Serve immediately or cover and refrigerate up to 1 day.

Note: You'll find larger flake coconut, as shown, at Whole Foods stores. **wd**

Per serving: 205 cal, 3 g pro, 21 g car, 2 g fiber, 13 g fat (9 g sat fat), 27 mg chol, 223 mg sod



ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

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REV 21

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(ezetimibe) Tablets

MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
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wasabi salmon

1 **¼ cup panko crumbs**



2 **¼ cup wasabi-soy almonds, chopped**



3 **4 salmon fillets, 6 oz each**



SERVES 4

ACTIVE: 5 MIN   TOTAL: 15 MIN

Heat oven to 425°F. Line a shallow baking pan with foil.

In small bowl, toss panko crumbs, chopped almonds and 2 tsp oil.

Place salmon, skin side down, on prepared baking pan. Sprinkle with ¼ tsp salt. Evenly pat 2 Tbsp crumb mixture onto top of each fillet. Bake 10 to 12 minutes until fish is just cooked through and topping is browned. Serve with soy sauce, if desired.

Per serving: 373 cal, 41 g pro, 7 g car, 1 g fiber, 20 g fat (2 g sat fat), 108 mg chol, 276 mg sod

TRY THIS TOO

▶ Spread 1 Tbsp Dijon mustard on each salmon fillet before topping with crumb mixture.

▶ Substitute ¼ cup chopped pecans for wasabi-soy almonds.

▶ Add 2 Tbsp sugar to crumb-almond mixture.

GEMMA COMAS; FOOD STYLING BY JOYCE SANGIARDI; PROP STYLING BY PAUL LOWE.

july

WE'VE PLANNED DINNER FOR YOU. GO TO **WOMANSDAY.COM/MENUS** FOR RECIPES & SHOPPING LISTS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
» Go to *womansday.com/menus* for entrée recipes.				**1** CHICKEN CURRY SKEWERS Jasmine or basmati rice	**2** SOFT & CRUNCHY BEEF TACOS Romaine lettuce, diced avocado & grape tomato salad	**3** LOWFAT SCALLOPS WITH LEMON & CAPERS Rice Steamed broccolini
4 INDEPENDENCE DAY CLASSIC ALL-AMERICAN BACON CHEESEBURGERS Potato salad Corn on the cob	**5** LOWFAT MEATLESS MONDAY PASTA PRIMAVERA Arugula, tomato & red onion salad	**6** MOROCCAN CHICKEN & COUSCOUS Boston lettuce, orange & toasted almond salad	**7** PANKO-CRUSTED FISH STICKS Corn Coleslaw	**8** KOREAN BEEF BOK CHOY Brown rice with sliced scallions	**9** SOUTH BEACH MOJO PORK Black beans with cumin, garlic & cilantro	**10** LOWFAT MEDITERRANEAN STUFFED EGGPLANT Baby spinach, cucumber, tomato & feta cheese salad
11 LOWFAT FRESH SALMON BURGERS Rice Shredded carrot & scallion salad	**12** MEATLESS MONDAY GRILLED SWEET ONION & CHEDDAR PIZZA Arugula & grape tomato salad	**13** LOWFAT PASTA PUTTANESCA & TUNA Green salad with shaved Parmesan	**14** SPICY THAI NOODLES WITH PORK & MINT Cucumber & red onion salad	**15** TURKEY BURGERS WITH CRISPY "FRIES" Mixed green salad	**16** LOWFAT PICADILLO BURRITOS Sliced avocado, sweet onion & beefsteak tomatoes	**17** GRILLED COD WITH CAPONATA Orzo Grilled zucchini halves
18 JAMAICAN JERK BBQ CHICKEN Cornbread Coleslaw	**19** LOWFAT MEATLESS MONDAY SUMMER CHILI Baked tortilla chips	**20** LOWFAT SPAGHETTI SQUASH WITH CHUNKY SAUCE Romaine lettuce, tomato & shredded carrot salad	**21** OPEN-FACE SAUSAGE & PEPPER SANDWICHES Arugula & tomato salad	**22** SUPER CHEF'S SALAD Warm whole-grain bread or rolls	**23** CRISPY PARMESAN CHICKEN TENDERS Sautéed grape tomatoes with garlic & fresh basil	**24** SKIRT STEAK & ONION QUESADILLAS WITH BLACK BEAN SALAD
25 SHRIMP WITH CHESAPEAKE DIPPING SAUCE New potato salad Corn on the cob	**26** MEATLESS MONDAY LINGUINE & GARLIC OIL Romaine lettuce, roasted pepper, artichoke heart & cannellini bean salad	**27** LOWFAT CHICKEN BREASTS WITH LEMON & PEPPER Couscous Steamed green beans	**28** STIR-FRIED BEEF WITH BROCCOLI & ORANGES Brown rice with toasted almonds	**29** LOWFAT MUSTARD SALMON Steamed new potatoes Sautéed spinach with garlic	**30** GRILLED EGGPLANT PARMESAN PIZZAS Mixed baby green salad	**31** BABY-BACK RIBS WITH TEXAS BLACKJACK SAUCE & PEACH COLESLAW


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SHOPPER'S GUIDE

ALL IN A WOMAN'S DAY 8: Lollipops, Hammond's Candies; 888-226-3999, *hammondscandies.com* **PAPER PARTY!: ALL-AMERICAN PICNIC 61: Monogrammed placemats,** Chain Link (17687) and Zig Zag (10944), $49 for 25, Room Service Home; 888-264-2592, *rshcatalog.com.* **White charger,** Mozaïk 9" Square White Plate, $6.99 for 8; and **Mini plates,** from Appetizer Combo Pack, $11.99 for 96; 866-466-9245, *mozaikbysabert.com.* **Blue striped plate,** Caroline De Leusse Stripe Border in Blue, $4 for 8; **red striped plate,** Caspari Collection Red & White Stripe, $4 for 8; and **napkins,** Dabney Lee Sailor Knots in Coral and Blue, $5 for 20, all Caspari; 800-227-7274, *casparionline.com.* **Utensils,** Frosty White Premium Heavy Duty, $1.99 for 24 (8 place settings), at Party City; *partycity.com.* **Chinet Cut Crystal plastic cups** (14 oz), $2.59 for 18; *mychinet.com* for stores. **Lanterns, straw tags** and **pinwheel,** from Sail Away Printable Party kit, $14.95 for download; 718-433-2434, *plumparty.com.* **Berries,** courtesy Driscoll's; *driscolls.com* for stores. **ECO-MODERN 62: Placemats,** Butterflies Pop-Mat Paper Placemats, $26 for 10, PubliQue Living; 415-305-1999, *publiqueshop.com.* **Dinner (10") Plate,** $6.49 for 8; **Dessert (8") Plate,** $5.99 for 8; and **Bowl,** $5.49 for 8, all VerTerra; at Whole Foods Market or 718-383-3333, *verterra.com* for stores. **Fantastisk Napkins** in Light Blue, $1.99 for 50, Ikea; 800-434-4532, *ikea.com.* **Cup,** StalkMarket Cup, $7.99 for 50, at Party City; *partycity.com.* **Cutlery,** Aspenware Biodegradable Wood Utensils, $5.99 for 12 forks, knives or spoons; *myearth360.com.* **GARDEN PARTY 64: Table cover,** Good Life wrapping paper, $4.95 per roll (2 sheets), Wooster & Prince; *woosterandprince.com* for stores. **Dinner plate,** Toile Bridge in Fuchsia, $6 for 8; **appetizer plate,** Toile Pagoda in Fuchsia, $4 for 8; and **napkin,** Toile Bridge Luncheon Napkin in Fuchsia, $6 for 20, all from Colonial Williamsburg Chinoiserie collection, Caspari; 800-227-7274, *casparionline.com.* **Pink plastic wineglass,** $8.99 for 20, at Party City; *partycity.com.* **Drink umbrellas,** Lilly Pulitzer Taboo Drink Umbrellas, $6.95 for 8, Lifeguard Press; 800-992-3006, *lifeguardpress.com.* **Utensils,** Mozaïk Silver Look Cutlery, $5.99 for 32 (8 place settings); 866-466-9245, *mozaikbysabert.com.* **Bamboo Bird Cage** (painted white), $19.50, Pearl River; 800-878-2446, *pearlriver.com* **KID TOWN 66: Spotted plates,** Moe 3 Plates, $1.99 for 6; and **napkins,** $1.99 for 12, Michaels; 800-642-4235, *michaels.com* for stores. **Chinet Classic White Dessert Plate,** $2.89 for 35; *mychinet.com* for stores. **Multicolored plastic tumblers,** $9.99 for 40, at Party City; *partycity.com.* **Utensils,** SpudWare 6" Cutlery, $6 for 50 forks or spoons; 800-317-2737, *excellentpackaging.com.* **Chalkboard paint** (on milk cartons), Safety Orange, $24.99 per quart, Hudson Paint; 845-758-3229, *hudsonpaint.com.*

CORRECTION

In "Fresh Start" in our June issue, the designer's name was misspelled: He is Robert Lindgren. Contact him at ***robertlindgrendesign.com.***

EVERYDAY THINGS YOU NEED TO KNOW...

the perfect ponytail



did you know...
Consumers spent $406 million on hairspray and spritz in 2007.
Source: Information Resources Inc.







STEP 1 Start with dry hair washed the day before (it's less likely to have flyaways and static). If you can't resist a shampoo, blow hair fully dry, then lightly mist with a flexible-hold hairspray like Suave Professionals Weather Protection 365 Humidity Defying Hairspray ($2.89; at Walmart). This reduces the natural "slip" of clean hair.

STEP 2 Divide hair into four sections: top section, hair along the crown; two side sections, from temples to earlobes; back section. Make small ponytails with each.

STEP 3 Starting with back section, gently backcomb (tease) hair from midshaft to root to create lift and volume.

STEP 4 Gently brush back each section and gather hair at the center back of head. Secure with a covered elastic band. To hide band, grab a piece of hair the width of your finger from the bottom of the ponytail. Spritz it with hairspray and wrap it around the band. Secure under the ponytail with a bobby pin.

STEP 5 Mist entire look with hairspray and let dry for 20 seconds. For a shiny finish, spritz with a high-gloss spray like TRESemmé No-Frizz Ultra Light Shine Spray ($4.75; **drugstore.com**).

Source: Luke O'Connor, Suave celebrity hairstylist

WATCH THE HOW-TO VIDEO
Ready to make your own ponytail? We'll help you re-create the look with our interactive how-to video. Just snap on the WD icon to the right to watch it.



KEITH LATHROP; HAIR & MAKEUP BY BELINDA ZOLLO FOR KATE RYAN; STYLING BY DONNA DUARTE-LADD.

Please see instructions on pages 10–11. Your carrier's standard Internet rates will apply.


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